

THE FIT MAN'S GUIDE
TO METRO MANILA

ADD 10 YEARS
TO YOUR LIFE, P.64

MUSCLE MEALS IN
20 MINUTES OR LESS

ARE YOU MAN
ENOUGH FOR HER?



YOU,
IMPROVED!

Men's Health



**GET FITTER
FASTER!**

TRAIN LIKE A SEA GAMES CHAMP, P.24

JAKE LETTS

KIEFER RAVENA

NIKKO HUEL GAS

AUGUST 2015

#MH110



MEN'S HEALTH PH

SUMMIT
MEDIA

20
YEARS

#PASSION

CASUAL REFINEMENT

MILLARD LACE

Lacoste sweeps into the Autumn / Winter 2015 season referencing its heritage through on-trend and practical footwear designs. Carefully crafted in high quality materials, this season's men's collection is underpinned by the idea that 'Life is a Beautiful Sport', a concept that seamlessly brings Lacoste's sophisticated blend of performance and elegance to the everyday.

The Casual Refinement pack, featuring the Millard Lace, brings carefully considered design together with premium materials to create a contemporary take on the classic Derby silhouette. Pared-back, minimalist styling combined with a wedge sole offers comfort without compromising aesthetic.

The Millard Lace features sleek design lines in soft premium leather executed in black, dark brown and tan. The seasonal colour palette is complemented by heavy stitching, tonal cotton laces and a subtle leather branding tab on the collar. A raw cut finish on the leather provides a crafted look, reinforcing the refined casual aesthetic that is right on trend this season.

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MILLARD LACE





FEATURES / COVER STORIES

08.15

GET ELITE FIT

Three Pinoy heroes who bagged Southeast Asian Games gold share the keys to a fit body and a winning mentality

BY CARLO PAMINTUAN, ENRICO MIGUEL SUBIDO, AND GABRIEL A. PANGALANGAN

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The Fit Man's Guide to Metro Manila

What these locales are doing right to help stay in the pink of health

BY MINA DEOCAREZA, MA. GLAIZA LEE, AND MAAN D'ASIS PAMARAN

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Add 10 Years to Your Life

Get stronger and dissolve your aches and pains by being mindful of every breath you take

BY TREVOR THIEME, C.S.C.S.

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A test to find out if you've got the necessary man skills

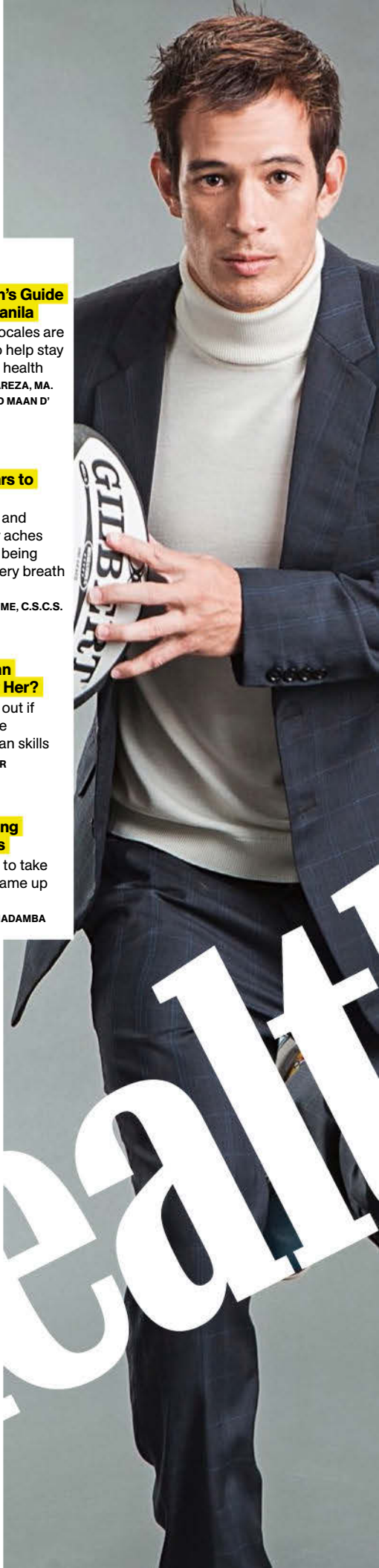
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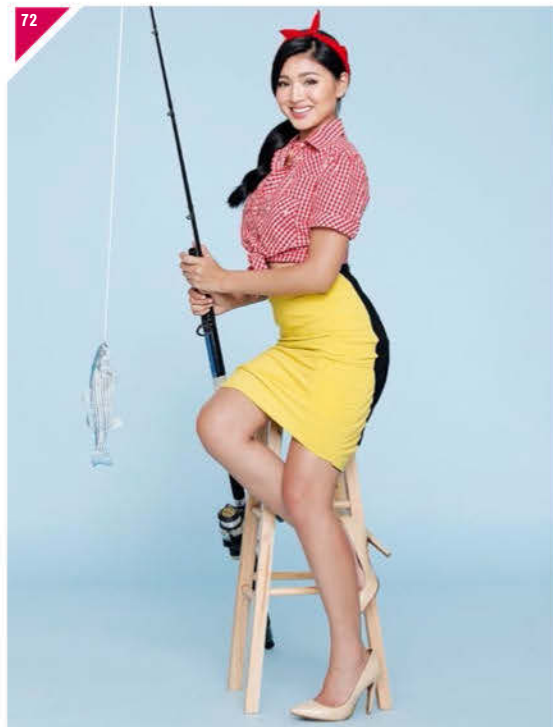
Choice picks to take your watch game up a notch

BY AMADOR R. MADAMBA



NonStop Health

HEALTH, SEX,
STYLE & MORE



THIS MONTH: REEL HER IN, BE FUELED BY PASSION, PICK THE RIGHT BEATS, INSTA WRAPS, PRO DJ HACKS, GRAPPLE LIKE A CHAMP



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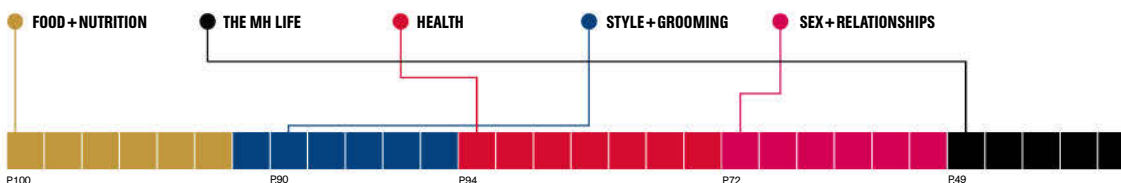
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ON THE COVER Jake Letts, Kiefer Ravena, Nikko Huelgas. Photograph by Dairy Darilag, Styling by Kring Leyco for Miss Kayce, Grooming by Vida Non-Jaucian



BUILD YOUR CONFIDENCE OFF THE BEATEN PATH

3 SIMPLE OFF-ROADING TIPS THAT MAKE YOU CONFIDENT TO HIT THE DIRT

When in doubt, step out and scout

A good way of getting stuck is when you assume that your truck can tackle an uncertain stretch of terrain. When you're not sure how demanding an unfamiliar trail is, it is best to take a walk and inspect. If the path looks too dangerous or deep, scout for another route.

Drive in a straight line up and down steep grades

Attempting to climb or descend a slippery and steep incline in any angle increases your truck's instability. Heading straight up or straight down maximizes your vehicle's stability, keeping it from wanting to tip to either side. Use low range for extra crawling power on steep grades, and maintain a steady and smooth throttle when climbing over the apex.

Use a reliable set of off road tires

Using the right off road tires can enable four-wheeling success over various extreme driving conditions. It allows you to not worry about losing grip when it's most needed. It gives your truck a feeling of wearing spiked football shoes that can take on the toughest of hills, rocks, water and muddy slopes that nature can summon.

Navigate through the harshest terrain

Bridgestone Dueler Tires are designed and tested to perform in the most severe off road conditions. From its revolutionary 3D Techonology used to develop advanced tread pattern designs, its thicker casing structure all the way to its latest rubber compounds, each aspect enables you to move through the grittiest terrain with confidence.



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Contact the Circulation Department

451-8888 loc. 1086-87

Look for Mayleen Laron or Caroline Herrera. Or email: subscribe@summitmedia.com.ph
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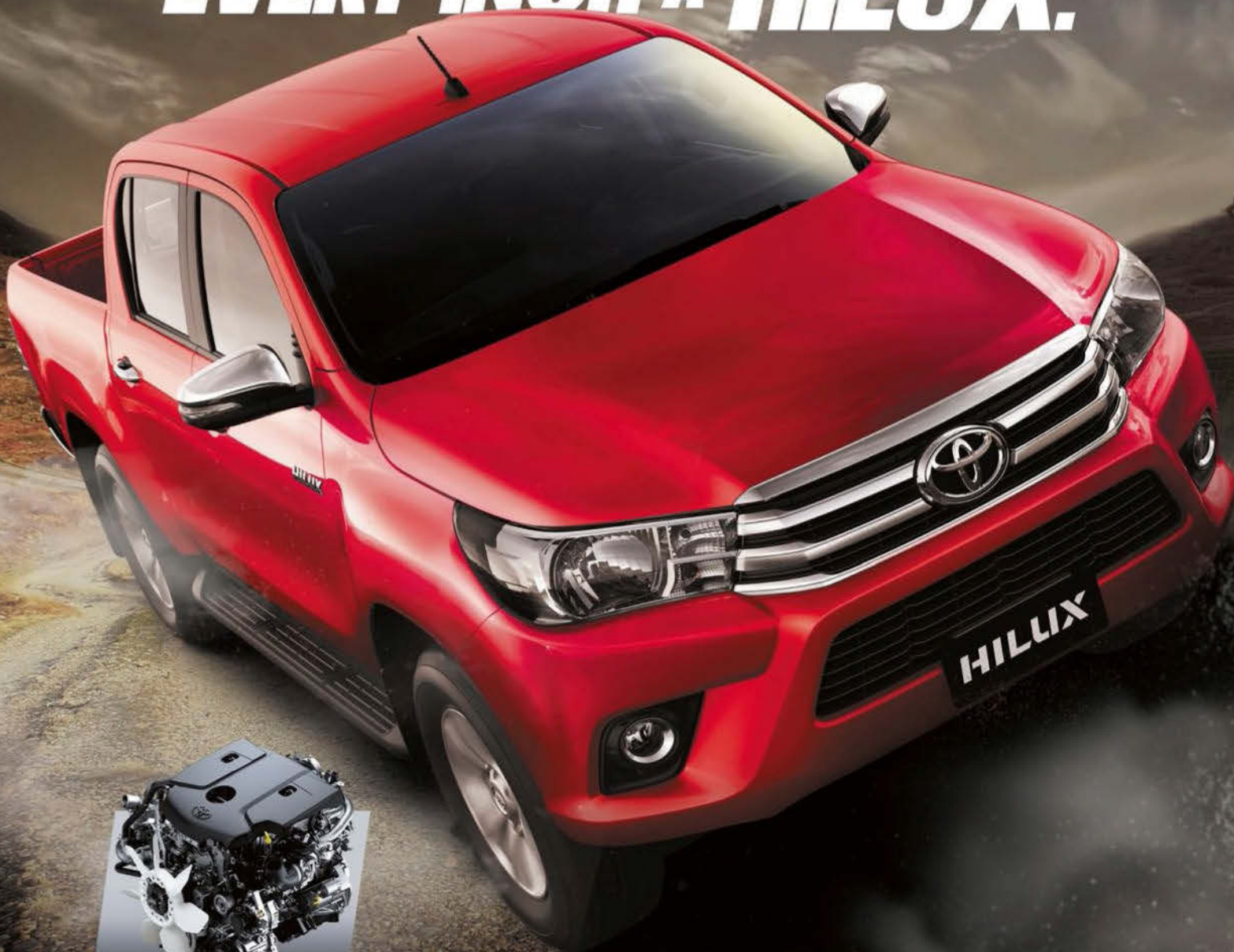
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Men's Health From the Staff

This Month on Men'sHealth.PH

● The Ultimate Bodyweight Workout from Coach Ferdie Manabat

● Your Style Questions, Answered!

● The Road to 10K: Your Complete Program to Run Faster, Stronger, Longer

Fitropolis

There's no greater feeling than being enveloped in darkness. No, I'm not Batman. I'm more of a Joker, really. But anyway, allow me to explain.

The well-lit and unsleeping concrete jungle of Metro Manila—starting from Diliman to Cubao in Quezon City; staying for a time in Kapasigan, Pasig City; and currently setting roots in Alabang, Muntinlupa City—has been my place of residence for the past 15 years. For 17 years before that, home was (is and forever will be) San Felipe, Tantaran, South Cotabato.

Each December since the year 2000, I make my annual pilgrimage to the sleepy barangay relatively known for clay pots. And the hour-long drive at night from General Santos City airport to our house is a picture straight out of a horror movie—in some parts bright, but for most of the way is pitch black. Then as we inch closer home and the way gets darker, I feel happier. I feel a joy unrivaled, like nothing the metropolis can ever give me. And on the other hand, my heart feels heavier than usual soon as I pack my bags to head back to Metro Manila's cold embrace.

Don't get me wrong, though. I don't hate it here. It's just that the city life is hard to love—especially if you tune in to the metro news reports every day. Or maybe that's what's clouding my perception, how mainstream media portrays the metropolis we live in? Because come to think of it, life in Metro Manila is really not as bad as seen on TV—especially after working on our special feature this month, "The Fittest Cities in Metro Manila." The legwork, the data gathering, the research, the long nights pounding keyboards and chugging coffee shows that the future of health and fitness in our metropolis looks bright and promising. Jump to p.52 and see for yourself.

The next time we do this, we hope to include Muntinlupa, Las Piñas, Pateros, Valenzuela, Caloocan, Malabon, and Navotas in the mix. It is this *probinsyano's* dream, even, to make this a nationwide drive, to have a Philippine health and fitness index, a standard each LGU would one day aspire to be recognized.

Then again, to get there, we need a more

comprehensive analysis. And it starts with data availability. Because one unfortunate lesson we learned from putting up this mammoth of a feature: some of our major cities are in the dark when it comes to relevant stats about their citizenry's health and fitness. This is the kind of darkness nobody finds comforting, not even me. And I like the dark. Like I said, I'm Batman.

Omar



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Our Readers Fire Back...

Off the MH Wall:

It's *Buwan ng Wika*, gents! We asked what OPM song in our native tongue do you recommend from your playlist?



"Alapaap" *ng* Eraserheads
Roger Comia

"Nakapagtatataka" by Hajji Alejandro
Joseph Hernandez



"Ligawan Stage" by Rivermaya
Joey Gil

"Halik ni Huday" by WolfGang
Eugene Cabaluna

"Tuyo ng Damdamin"
by Apo Hiking Society
Rene Dalmacion



"Himig Natin" by Juan dela Cruz Band
Tito Cornejo

"Mahiwagang Kamote" by Francis M.
Bodjie Velena



How about *Men's Health* Ultimate Guy Search? Wala bang ganito ang @MenshealthPH?

-Andrew Gawidan via Twitter

It's a great idea that we're actually considering. - Eds



A big thanks to our *amigos* and *amigas* from @MenshealthPH for featuring PWR in their June issue!

-Jake De Leon via Twitter

You're welcome! You guys at the Philippine Wrestling Revolution are great examples of how to turn to passions into reality. - Eds

WEB LOVE

Congrats on the launch of your website! Finally, we get to have our daily dose of MH!

-Robbie Ang via e-mail

HE GOT A JOLT

Reading your July 2015 issue, I realized I haven't been eating sensibly in years. Thanks to your healthy grocery list, I will be able to. Thanks MH!

-Dale Fernandez via Email



My wife will be home in five weeks! I need all the help I can get!

-Dulay King via Instagram

We hope the workouts and all other tips in every issue push you to reach your goals! - Eds

Next Month on *Men's Health*

SEX

Yes, She's Wating!

A hot and steamy lady is just waiting for you to approach her

MUSCLE

Move More to Recover

What you need to know about active recovery

NUTRITION

Low Sodium, No Problem

Less salty meals aren't all that bad if you know how to spice them right

FITNESS

The Best New Fitness Tool

Why a backpack and some weights can do your body wonders

MAKES YOUR HAIR STRONGER + MORE RESILIENT

vs non-conditioning shampoo



NEW DOVE MEN + CARE SHAMPOO

[NOW IN THE PHILIPPINES]



Men's Health
YOU, IMPROVED
PROJECT

FATHERLY CARE

Men's Health teamed up with Gillette, Safeguard, and Head & Shoulders for a very special Father's Day treat



It's not often that you get a chance to take your dad out for some leisurely man-pampering. But last June 20, Men's Health took over Sports Barbers at Mall of Asia for the **You, Improved Project**: an event that treated dozens of fathers and their sons to a master class of grooming services and delicious meals from Burger Lab. Good food and dapper cuts had the participants walking out as better, improved versions of themselves.

James Deakin of CNN Philippines and Edric Mendoza of ANC were present at the event with their sons to avail of the exclusive experience. The grooming professionals of Sports Barbers rendered a suite of services: a close shave with the new Gillette razors with Flexball technology and shaving gels, a special Head & Shoulders shampoo treatment, a contemporary haircut, nail cleaning, and a relaxing massage. Everyone walked away with You, Improved Project Kits, which included a set of grooming and workout essentials that allowed them to continue the holistic improvement that they set out on that day.

The event also marked the launch of Men's Health Philippines' website. Check out MensHealth.ph for more ways to be You, Improved.

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#MHYouImprovedProject



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YOUR
QUESTIONS ON
HEALTH,
SEX,
NUTRITION,
FITNESS, &
WEIGHT-LOSS
ANSWERED

HOW GOOD REALLY IS A REGULAR COFFEE HABIT?

Tobie, via e-mail

According to a report published in *Heart*, drinking three cups of coffee daily helps you optimize its artery-friendly benefits. "Aside from the slight increase in energy, coffee helps in reducing risk of diabetes as well as heart and liver disease," says Kaye Ong, co-owner of Habitual Coffee in Ortigas. However, you may want to steer clear of caffeine if your goal is weight loss. Try decaf tea for a change. A British study suggests that **decaf green tea may help you torch fat**. Tea's catechin content, not its caffeine, boosts metabolism, says study author Justin Roberts, Ph.D.

Brew for a
better bod.



WEIRD SCIENCE THAT WORKS

The Finding: Men who are regulars at the sauna (two or three times a week) are 27 percent less likely to die of cardiovascular disease than those who hit the hot box just once a week, a study in *JAMA Internal Medicine* reports. Author Jari Laukkanen, M.D., Ph.D., says sauna sitting helps your blood vessels expand and pump more efficiently.

Apply It Sabadlab encourages sauna use once a day for 10 to 15 minutes.



HURTING? IT'S OKAY TO WINE

Between sports and workouts, it's easy to do a number on your knees. So let's raise a glass to this finding: **Drinking wine might help you avoid knee trouble.** In a U.K. study, people who imbibed four to six glasses of wine a week were 45 percent less likely to develop knee osteoarthritis than those who abstained. The key ingredient: resveratrol, a polyphenol that may help prevent and repair joint damage. Sorry, but beer won't do the same trick, possibly because its high uric acid content raises the risk of osteoarthritis.

Use common scents to settle your stomach.

MOTION SICKNESS IS DRIVING ME NUTS. HELP!

Jansen, via e-mail

A whiff of the right scent can help combat motion sickness, according to new Canadian research. When people smelled rose oil and then viewed a 14-minute video designed to bring on nausea, they reported feeling 50 percent less queasy than those who sniffed leather or nothing at all. "Certain scents can energize and stimulate the brain and the body," says Charity Sabadlab, Assistant Manager of Chi, The Spa at EDSA Shangri-la. To battle motion sickness, she recommends oils that relax the senses. Try a combination of lavender and chamomile.





WIN AGAINST GUNK AND CORROSION

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HELP ME GO ON DATES AND NOT END UP BROKE!

Ramdass, via e-mail

GET FISCAL!

You don't have to spend your life savings just to make a statement on a date, says model and sex expert Abby Poblador. In fact, a University of Michigan study reveals that **women are more attracted to men who save money.** Dating profiles of people who stated that they'd save most of their cash were deemed 36 percent more desirable than profiles of those who'd spend it. So don't just bank on your wallet to make an impression. Poblador's advice: "Don't be late and make sure you look great." Yes, ma'am!

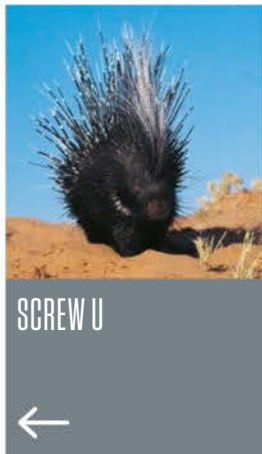
Ain't nothing sexy about an empty wallet.



The Finding When women feel pain during sex, 43 percent of the time they don't tell their partner, the *Journal of Sexual Medicine* reports.

The Science Women are socialized to please, so they might not want to kill the mood, says study author Debby Herbenick, Ph.D., M.P.H.

Your Play Discuss your sexual preferences before you have sex. Also, look for signs she's enjoying the deed. "If she's moaning for more, then you're obviously doing it right," says Poblador.



YOU DID WHAT WITH HER?

Sometimes it's hard to tell how your friendship with another woman might bother your mate. Other times, it should be obvious, guys. In a new study in *Evolutionary Psychological Science*, women rated how upset they'd be if their partner did certain things (see chart) with another woman. We left "sex" and "showing together" off the list—we figured you already know where they'd rank. Right?



LIKE CLOCKWORK

Just as fitness demands commitment to a routine, good grooming means sticking to a regimen that works

Taking precautionary steps to protect your overall health is necessary to achieve your fitness goals. That means taking up healthy lifestyle habits and a holistic grooming routine. Craft a regimen and achieve a more handsome you by starting with these three basics.

FIRST THING'S FIRST:

Lather up with a good cleanser, day and night. Find one that will thoroughly remove dirt and oil without leaving your skin dry and chapped. Throw away your harsh soaps and try a gentle cleanser. This is where Kojie San Facial Wash and Kojie San Whitening Soap can work wonders. Both contain Kojic acid and Glycolic acid, which help restore skin and stimulate the growth of new skin cells. The blend of Kojic Acid, Glycolic Acid, and Potassium Azelaoyl Diglycinate with botanical components helps whiten and replenish skin luster and suppleness. To achieve the full effect, try holding a hot towel up to your face for a minute before applying the cleanser. This should help open up your pores, so Kojie San can clean deeper.

THEN FOR THE NEXT:

A handsome smell also comes with feeling and looking good. Step up your game with a scent that doesn't overpower. You want to tend to your olfactory appeal without trying too hard or putting far too much effort—so it pays to have a deodorant that does it all. Kojie San Men Deo Spray is precisely that: a two-in-one spray that acts as deodorant and cologne to keep your body feeling fresh, clean, and smelling good all day.



NOW, FOR THE LAST ESSENTIAL:

To help meet your skin's need for hydration and moisture, it helps to use a light and non-greasy lotion. Kojie San Men Body Lotion contains CellActive-Men, a complex active ingredient that helps restore natural skin elasticity—it's the perfect pick. Combined with LARICYL active, it also keeps the skin supple, healthy, and youthful looking. Apply the lotion while your skin is still slightly damp to help seal in the necessary moisture.

With these three simple steps and all-around Kojie San products, you don't really have to spend much time and money to take care of your personal hygiene and improve overall health. All you need is to develop a daily routine that is quick and simple, yet highly effective.

THE LINE UP

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BODY LOTION



A nourishing lotion with CellActive-Men to restore skin elasticity, making skin supple and soft (SRP: 175.00)

WHITENING FACE WASH



A facial scrub that contains Kojic acid, keeping skin bright and free of oil (SRP: P173.50)

WHITENING BODY WASH



A nourishing lather that keeps skin supple and healthy while also fighting body odor (SRP: P110.00)

DEO SPRAY



A two-in-one body spray that acts as deodorizer and cologne, available in four different scents

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It's a bran
new day!

OAT
TO JOY

HOW CAN I MAKE BREAKFAST HEART FRIENDLY?

Paolo, via e-mail

Add bran to your breakfast as it “reduces cholesterol and the risk of heart disease,” says Gemarie D. Lim, R.N.D., of St. Luke’s Medical Center in Taguig. A recent Harvard research has the same findings as people who consumed 10 grams (about 2 teaspoons) of bran a day had a 20 percent lower risk of death by heart disease than those who ate less. Get your morning bran fix with a bowl of oatmeal.



SOFT DRINKS, HARD TRUTH

Sorry to burst your bubbles: **Drinking soda may raise your risk of liver cancer**, according to a *European Journal of Nutrition* study. People who sipped six or more soft drinks a week were 83 percent more likely to develop liver cancer than pop-free folks, the authors found. They speculate that your liver may quickly absorb the sugars in soda and convert them to fat, which in turn builds up in the organ and causes inflammation. “Drinking fresh fruit or vegetable juice is better than drinking soda or even diet soda,” says Lim. If you’re looking for a zero-calorie, zero-guilt drink, stick to H₂O.

WHY CACAO BEANS COUNT



Chocolate ain’t all that bad. **Cacao might keep your arteries healthy**, the *Journal of Hypertension* reports. People who sipped a cacao-based drink daily for a week scored up to 32 percent better on a test of circulatory system function than abstainers did. The flavonoids in cacao may help blood vessels dilate, the scientists say. Aim for 200 mg of the antioxidants daily, or a square of 70 percent dark chocolate.

THIS IS THE CAP



75%

Portion of cyclists who'd consider wearing a respirator to help cut their exposure to air pollution.
Source: *International Journal of Sport Nutrition and Exercise Metabolism*

MensHealth

ALERTS!

FITNESS

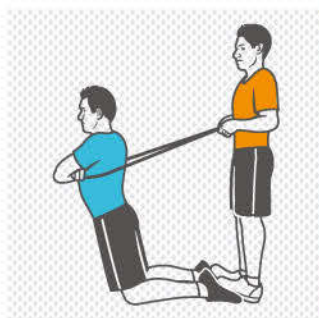
RHYTHM AND CRUISE

To stay in shape, just stay tuned: **Music can speed your running as well as your recovery**, a new Brazilian study reveals. Guys who listened to music before, during, and after a 5K run improved their times by a minute. They also saw their heart and nervous system function return to normal faster than when they went music-free. The playlist? Motivational tunes before and during the run, and chill tracks afterward. "Calming music helps you relax and recover," says study author Marcelo Bigliassi, Ph.D.(c).

WEAK HAMSTRINGS

Doing explosive movements with weak hamstrings can get you injured, warns Jeriel Manalo, a personal trainer at 360 Fitness Club in Ortigas.

The fix Besides exercises like deadlifts and swings, try the assisted Nordic hamstring curl, says Martyn Matthews, C.S.C.S. Kneel and have a partner stand on the soles of your shoes holding a resistance band that's looped around your chest. Lower your torso as far as you can. Pull yourself back up. Do 10 reps three times a week.



Love match! Make tennis tougher with body-weight drills

HOW CAN I PLAY LIKE NOVAK DJOKOVIC?

Miguel, via e-mail

Besides working on a killer backhand, it'll help your tennis game if you boost your cardio. "Doing cardio exercises outside tennis like running or cycling can increase your stamina, which can help you survive several matches," advises Levi Bigno, a senior tennis trainer at Celebrity

Sports Club in Quezōn City. **Do one of these exercises for one minute after a game to boost stamina:** jumping jacks, pushups, squats, laterals, shuffles. A new Australian study says that doing so helped men hit a heart rate that was 74 percent of their max halfway through and after a 50-minute session.

Illustration by ELIAS STEIN

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5%

Amount of baseline weight lost when study subjects reduced fat and sugar intake and increased fruit, fiber, and veg intake for a year.
Source: *Obesity*

Men'sHealth

ALERTS!

WEIGHT LOSS



Fight the office munchies!

WHAT ARE THE HEALTH RISKS OF EATING AT MY DESK?

Justin, via e-mail

Munchies memo: **You're more likely to pig out at your desk than at the kitchen table.** A study in the journal *Appetite* found that the chances of snacking were 60 percent higher in the workplace than at home. "Work burnout could lead to emotional eating, which is a way of coping with overwhelming exhaustion or cynicism towards work," says Ruby Ann Y. Matias, R.N.D., of St. Luke's Medical Center in Taguig. So stock your desk drawer with healthy snacks, such as nuts or trail mix, and divide them into smaller helpings to avoid emptying an entire bag.



WHAT THE HELL IS THAT?



The Term Medium-chain triglycerides
What They Are MCTs are fatty acids that are rapidly metabolized and can help you lose weight. In a New Zealand study, people who replaced some of their dietary fats with oils containing MCTs cut their waist circumference by half an inch after about 10 weeks.

How to Eat More Sub in coconut oil for your usual cooking oil. A tablespoon a day is optimal for MCT intake.

SEEING IS SLIMMING

Your eyes are windows to your belly: According to new Dutch research, **photos of proper snack portions can be a useful weight-loss tool.** People who were given a bag of peanut M&M's that included a photo of an appropriate portion served themselves 10 to 15 fewer pieces than those who didn't see the pic. Visual depictions avoid guesswork based on the bag size and can help you stick to the serving recommendation, says study author Iris Versluis, M.S.(c). To avoid over-eating, Matias suggests eating only until you're 80 percent full.

MAHALAGANG PAALALA: ANG FATOUT AY HINDI GAMOT AT HINDI DAPAT GAMITING PANGGAMOT SA ANUMANG URI NG SAKIT.

Standout with **FatOut**

A Healthy Tummy for a Fit Body

Have you been pushing yourself with a killer workout or downing lifeless meals to shred those pounds? There is a **better way to lose weight and help your body stay healthy - colon cleanse**. Aside from kick starting a significant weight loss, cleansing your colon is very beneficial to your body. How?



It **decreases the risk of colon cancer** as it prevents toxins wreak havoc on the system of your body.



It **improves your concentration** because poor diet and toxins are the reason why you're distracted and your body doesn't function well.



It **increases your body's absorption of vitamins and nutrients** as it only allows essential nutrients to go into the bloodstream unhindered.



Lastly, it **improves your body's well-being** as it rids the colon of toxins and waste by releasing layers of colon build-up giving you the feeling of lightness, strength and overall good health.



P125.00
PER CAPSULE

To help you with cleansing your colon, there is a new fiber supplement that will flush out those toxins away. Introducing, FatOut – an herbal dietary supplement which contains the revolutionary Sweep and Shred formula. FatOut's Sweep and Shred formula is rich in fiber that helps lower bad cholesterol and “sweeps” away toxins and cholesterol from your body. FatOut helps nourish the digestive system, detoxifies the colon and aids in proper elimination of waste from the body. Proper waste elimination is important because build-up of toxins in the body can cause inflammation and increases the risk of developing chronic diseases. FatOut can ease constipation as it helps soften stool for an easier elimination. FatOut is also effective in toning down your body as it burns down and “shreds” fats by speeding up the metabolism.

Coupled with the right exercise, proper diet and healthy lifestyle, FatOut is recommended to be taken one capsule with warm water before every meal.

Source: Available upon request.

with **Sweep and Shred** Formula


Kim Chiu
FatOut
Brand Ambassadors

Marketed by:



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CUT THE NOISE

Noise thrives along hectic and congested city streets. From startling car alarms to random honks and sirens, your ears are persistently bombarded by a frantic environment, which doesn't do your mental and physical well-being any favors. Scientists at the Max Planck Institute for Human Cognitive and Brain Sciences in Leipzig found that your short-term memory takes a hit under noisy surroundings. Looking for a safe and secure spot a little outside the city where the decibel levels are within the "still and serene" range would definitely be a smart move to keep your senses sharp.

RELAX YOUR MIND

Traffic jams, towering skyscrapers, and the permanently busy streets of the metro aren't scenes that calm you down. They can actually do quite the opposite. Living outside the city means having more access to greenery and breathtaking views that relieve stress and provide a fresh perspective on things, according to Allen Elkin, Ph.D., director of the Stress Management and Counseling Center in New York City. Also, scenic drives to work can provide much needed ease and calm for a task-filled day ahead, says an Ohio State University study.

A WHOLE NEW PACE

There's more to living outside the city than just escaping urban life. Here are five compelling ways that moving into a quieter, cleaner, and more peaceful community can help your health

SLEEP BETTER

The health benefits of getting the right amount of sleep cannot be understated. A full night's sleep facilitates muscle growth, better processes your experiences into memories, and gives your physical faculties a chance to recuperate. But if your home in the city doesn't provide you with the right conditions for all forty winks, then you're putting yourself at a disadvantage, every day. According to the University of North Carolina, skimping on snooze can make you more irritable at work. No one wants to work with the office grouch—negative personalities can prove counterproductive to any working environment. One key to getting more sleep is finding that place outside the city that allows you to get quality slumber, which in turn leads to a productivity boost at work.

LIVE LONGER

Positive lifestyle changes may contribute to adding years to your life. This is certainly the case with meditation. Its many benefits include lessening DNA wear-and-tear (says a UC Davis study) and slashing your chances of brain deterioration as you age (notes a University of California Study). It goes without saying that meditation favors quiet surroundings and even exposure to sunlight and nature. A place in a suburban environment can help in living a longer life.

Activate a Healthy Lifestyle

Clean air and a peaceful environment make the suburbs an excellent setting for exercise and active living. The area surrounding Avida Southfield Settings NUVALI has evolved into a hub for active lifestyle, with no shortage of things to do.



Take on The Trails

A 50km stretch of off-road trail near The Fields is open for bikers and runners. Aside from the exhilarating experience of conquering terrain, the trail also offers a scenic view.



Wakeboarding at Republic

Enjoy the thrill of wakeboarding without ever having to go too far from the city. Republic Wakepark is a go-to destination for anyone looking to skate some smooth water.



Outdoor Sports at The Fields

The Fields are a wide open area for just about any outdoor sport. Whether it's an afternoon of kite-flying or a pick-up game of ultimate frisbee, the Fields provides a venue to get active near nature and under a clear sky.



Teamwork Training at Camp N

Camp N is a group active lifestyle experience. Obstacle courses, an aerial walk, rope courses, and even a camping ground provide endless opportunities for team building and family bonding.



A NEW OUTLOOK ON LIFE

Avida Southfield Settings is the fourth chapter of the Avida Settings series in NUVALI, Laguna. Surrounded by lush, breathtaking views, Southfield Settings is the perfect place to come home to if you're looking to escape. It is ideal suburban living: distant enough from Metro Manila to provide a peaceful, quiet, scenic environment, but still close enough to keep necessities accessible. Unlock a healthier lifestyle at Avida Southfield Settings NUVALI.

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Southfield Settings
NUVALI

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A photograph of two male athletes sitting side-by-side against a grey background. The athlete on the left is wearing a blue basketball jersey with 'PLAYERS' and a Nike logo, and blue shorts. He is holding a basketball and has a medal around his neck. The athlete on the right is wearing a blue and yellow cycling jersey with 'HUELAS' and a medal around his neck. Both are smiling and looking to the right. Two white circles with text are overlaid on the image, connected by thin white lines to the medals.

AFTER

THE

GOLD RUSH

MH 08.15

PAGE 25

LET **SOUTHEAST ASIA'S** BEST AND OUR NATION'S PRIDE BE YOUR GREATEST ALLIES IN BECOMING A TRUE CHAMPION OF FITNESS

INTERVIEWS BY CARLO PAMINTUAN, GABRIEL A. PANGALANGAN, AND ENRICO MIGUEL T. SUBIDO
ADDITIONAL REPORTING BY WAYNE JOSEPH TULIO

PHOTOGRAPHS BY DAIRY DARILAG

STYLING BY KRING LEYCO for MISS KAYCE
GROOMING BY VIDA NON-JAUCIAN



Patriot's Game

Rare are the men who take on risky challenges where you have nothing to gain and everything to lose. History calls them heroes. You can call one of them Kiefer Ravena

BY CARLO PAMINTUAN



Kiefer Ravena's one-for-the-road at the 28th Southeast Asian (SEA) Games in Singapore ended up as the most difficult yet most rewarding.

About to play the last year of his collegiate career, he was called upon one more time to help bring home what would be his third gold medal in men's basketball. He could've declined the invitation, of course, as he had already proven himself in the biennial meet twice (Indonesia, 2011; Myanmar, 2013). But the decision to suit up again was a no-brainer. "I knew it might be my last SEA Games, so I said yes automatically," he recalls of the moment he joined head coach Tab Baldwin's program.

Few outside the team understood the stakes. The Philippines has always been the overwhelming favorite to top the event ever since basketball was named an official SEA Games sport in 1977—our win-loss record stood at 17-1. And it was not enough to just win; the mandate was to win big. "*Ang biruan namin ng teammates: Kung matatalo kami, di na kami uuwi ng Pilipinas,*" Ravena adds.

Ravena, the second youngest in the team but the most experienced in SEA Games competition, knew from the get-go that this third tour of duty would be the toughest test of his young career. The 21-year-old Ateneo Blue Eagles star made sure his body was prepared, hitting the gym to add more muscle that would help him deal with bigger, more hard-nosed competition.



Rule #1: Avoid junk food

"A former coach would always tell me, 'When you eat junk, you play like junk,'" shares Gilas cadet Kiefer Ravena. "So I eat a lot of protein—not much of the oily, deep-fried food, more of grilled or baked." Follow Ravena's lead and you'll have more energy. A 2013 study published in the online supplement of the journal *Sleep* found that eating higher amounts of fat is associated with increased daytime sleepiness. Yep, that deep-fried chicken might taste good now, but if you're sluggish later on, that'll leave a bad taste in your performance.

RAPID FIRE: KIEFER RAVENA

HIS BRAND OF HOME SCHOOL:
"Pinapanood ko yung games ng dad (former PBA star Bong Ravena) ko sa VHS dati. My parents would hear me saying na dapat nag-cut yung isang guy or dapat pinasa niya. Siguro dahil sa dami ng games na napanood ko, dun na-develop yung basketball IQ ko."

HIS MOST MISUNDERSTOOD TRAIT: "People [think I'm] all business whenever I play. Hindi nila napapansin na I have fun din. It's always been a game for me. Bata lang ako na naglalaro ng basketball."

MOST NOTABLE SEA GAMES MOMENT:
"Two plays before [the clutch trey against Thailand], Coach Jimmy Alapag told me, 'This is the time you have to lead, make something happen!' Knowing what he has done, yung confidence mo, tataas talaga."

When the Ws didn't come as easily as people anticipated, he was not exactly surprised. "From 2011 pa, ito na yung mga nakalaban namin. Napaghandaan na nila talaga tayo," he explains. "They've been preparing for us for the past five, six years. We prepared only for a few months."

Aside from facing opponents with rock-solid chemistry, our Gilas cadets—a collection of our best collegiate players backed by naturalized Filipino Marcus Douthit—also battled some of the most seasoned professional ballers in the region. Ravena, however, remained unruffled. "Actually, kung gusto talaga nating i-dominate yun, we could send the PBA players to compete [there]. But personally, I think sending younger players is beneficial for Philippine basketball in the long run because we're gaining valuable experience," he opines.

Well, the young Gilas squad learned plenty during the course of the tournament. The Philippines coasted through the classification round, but had to dig deep with a difficult 80-75 win against Thailand in the semifinals—thanks to the heady plays of Troy Rosario and Almond Vosotros, and Ravena's clutch heroics (see "Calm Like a Bomb" to harness Ravena's crunch-time mentality). They also gutted out a tough 72-64 victory over Indonesia in the gold medal match, with Ravena

chipping in 12 points, five boards, four steals, and three assists while nursing a hip injury.

Naturally, the team got flak from fans and some members of the media because of their seeming inability to demolish their foes throughout the competition. "You can't blame the fans for being spoiled, given how dominating we've been in past SEA Games," says Ravena. "But it will always be competition. We're fighting for our countries, and the other side won't allow us to win easily. Our recent stint should serve as a reality check. It's no longer as easy as it was before."

Instead, Ravena chooses to cherish his last SEA Games than worry about what other people thought of their performance. "The experience of being with fellow Filipino athletes, fighting for the same goal—you can't buy that feeling," he shares. "Watching and cheering for our fellow athletes compete in volleyball, swimming, netball, and boxing is something I would not trade for anything."

He adds it's an experience that drives him to push forward to

achieve bigger goals. Like punctuating his collegiate career the same way he did his SEA Games journey—with a championship. "I'm just trying to prove my worth. I want to show everyone that what I've done wasn't a fluke, that we're still capable of winning," the star guard stresses.

With the FIBA Asia Championship fast approaching, he hopes he has convinced Coach Baldwin to give him a shot at joining the Gilas pool. "I think those in the SEA Games pool had the greatest platform to show if they're worthy to play for the FIBA Asia team," Ravena remarks. "If I'm included in the FIBA Asia team, I'll be ready because I always stay ready."

CALM LIKE A BOMB

Struggling with his shot the entire game, Kiefer Ravena confidently and coolly sank a three-point dagger with around a minute to go to seal our squad's semifinal win against Thailand in the recent SEA Games. Prepare yourself when your moment to shine comes with his doubt-extinguishing tips

Mimic Endgames in Practice

Shoot like the game is on the line every time. "In practice, we have endgame drills to simulate specific situations. Every person on our team could make a winning shot because we prepared for those," Ravena says. "Hindi masasabing tsamba kasi pinaghandaan namin yun."

Shoot Without Doubt

What does Ravena have in common with James Yap and Jimmy Alapag? It's shooting with winning in mind. "When it comes to tight ballgames, you just have to take your shot," he advises. "As soon as you release, you just have to believe it will go in." Doubt will only throw off your rhythm, so always be confident with your release and live with the consequences later.

Steady Charge

The Philippines is showing signs of success in the sport of rugby, thanks to the leadership of Jake Letts

BY ENRICO MIGUEL T. SUBIDO

The Philippine Volcanoes, the country's national men's rugby team, swept the competition at the SEA Games in Singapore. Some attribute this to the fact that many of the Volcanoes are "Filipino heritage players"—foreigners with Filipino blood and who possess a clear physical advantage over other players in the region.

Such criticism doesn't affect Fil-Australian Jake Letts. The stringy skipper for the Volcanoes is sure about his ancestry and his identity, and knows that rugby—particularly the seven-a-side type played at the SEA Games (now also an official Olympic event)—is a game for all body types. "I'm not the biggest player on the field, or even on our team, but that doesn't matter. Even if a guy is bigger than me, if I have the ability to step around him, I can still do well," he maintains.

Letts is quick—a sprinter who can cut from a standstill to "see you later" in the blink of an eye—and his talent flourishes in blazingly fast sevens halves. And growing up in rugby-crazy Australia provided him a great foundation for the sport. But it's the 27-year-old's work ethic, not his lineage or background, that brings him success. Chalk it up to a highly demanding training and nutrition regimen that he conscientiously follows. "He's always leading in the fitness areas [of our training sessions], and he has always ranked either one or two when it comes to fitness testing," reveals Matt Cullen, director of the Philippine Rugby Football Union.

In Cullen's eyes, Letts is battle-tested and a perfect fit to lead the Volcanoes. He recalls a young Letts leading the first under-19 Volcanoes team to a gold medal victory at the 2006 Asian Games, and adds that Letts is also the Volcano with the most number of international games under his belt. "Jake proved to me, since he was 18 years old, that he was a future leader," notes Cullen. "He leads by example. He carries players with him; he doesn't push or abuse them. He doesn't bark and yell, he's not old-school like me. But he's ready to do anything for any of his teammates, which shows how selfless and humble he really is."

Letts embraces his leadership role and doesn't take it lightly. His mantra: The team is larger than any individual title he carries. "Captains don't have to be the number one player in every game," Letts believes.



GOLD MEDAL MUNCHING

Rule #2: Eat a nutrient-packed breakfast

"I usually start my day off with a light breakfast. Normally, it would be some yogurt, some muesli, fruit, and a cup of tea," says Jake Letts of the Philippine Volcanoes. Usually made up of oats, flakes, dried fruits, and nuts, muesli is a great component for brekkie. According to the US Department of Agriculture Nutrient Database, a cup of muesli provides you 6.2 grams of fiber, which helps digestion and keeps you full longer. It's also a high-energy food that's perfect for a morning boost.



"It's more about creating chemistry, making everyone on the team better, and creating the will and the belief that we can win."

A newly minted champion, Letts says his next goal is to put the game of rugby in a better spot among Pinoy sports fans. It's the reason he chose to fully reside here, instead of playing professional rugby abroad. As head of national teams for the Philippine Rugby Football Union, he is active in developing the sport through training camps and outreach programs, and he envisions the day a fully-local Volcanoes team plays internationally.

What drives Letts to push forward with this difficult task is his conviction that locally based Filipinos, being naturally quick and agile, have an advantage when it comes to playing the sport. He also thinks that exposure to other sports requiring good hand-eye coordination, like basketball and boxing, are natural assets when playing rugby.

For now, Letts is happy to sow the seeds of rugby interest with his first-ever SEA Games win. "Bringing home the gold, for me, is about leaving a legacy," he states. He's happy to do his mother's home country proud. And he's proud to bring home the gold as a Filipino, for all Filipinos.

RAPID FIRE: JAKE LETTS

THE LONGEST SENTENCE HE CAN SAY IN FILIPINO:

"Habang-buhay kang nasa puso ko." (A tribute to his *lola* who raised him and his brothers)

HIS MOST INNATE FILIPINO TALENT:

"I'd like to say singing. I play the guitar. I'm a big fan of music."

BIGGEST PET PEEVE IN THE GYM:

"Overcrowding in general! It's hard when there's a full gym because you can only do one or two exercises when it's packed! So I try and aim for early mornings and tend to superset my programs so I can complete my workout with limited rest."

FAVORITE

WORKOUT: "Boxing! I love the pace and ferociousness, and the fitness and stamina required to do it. I am a huge fan of the sport. I tend to box 2 to 3 times a week for cross-training."

TOP CHEAT-DAY

CHOICE: "Magnum Almond. Easily my favorite ice cream. Takes me to a special place!"

EARLIEST MEMORY OF RUGBY:

"Training sessions as a six-year-old. My local team wore blue and white, so that, along with a rugby ball, are my earliest memories!"



LUNG POWER
LIKE A RUGBY
PLAYER

Rugby players need a high level of both anaerobic and aerobic fitness in order to last throughout the game, the book *Exercise Physiology for Health and Sports Performance* points out. To play sevens, a shortened version with two 7-minute halves, you need to be able to sprint hard and recover

just as fast. "You've got to sprint, tackle, and have the ability to catch a pass when fatigued," explains Matt Cullen, coach and director for the Philippine Rugby Football Union. "When you're tired, you should be able to catch that ball, have the vision, and still be able to run with it."

Building the necessary cardio is key. What the Volcanoes do a lot of: sprints. "It's a major component of our sport, and we push them to extreme levels

and make them get up and do it again," adds Cullen. Try this drill he has plotted—it's sure to challenge your cardio while improving your ability to recover.

Directions:

After a thorough warm-up, sprint for your desired distance (choose between 20, 30, 40, and 50 meters), then jog for 30 seconds for recovery. Do this for five rounds.

Finishing Kick

SEA Games triathlon champ Nikko Huelgas demonstrates how to set yourself up for success

BY GABRIEL A. PANGALANGAN



Not all of us know what we want to be at 14—maybe a doctor, a lawyer, or a magazine writer. But for triathlete Nikko Huelgas, nothing seemed clearer back when he was watching a 2005 SEA Games badminton match held here: “I knew then [at age 14] that I wanted to become a national athlete.” Ten years later, he’s no ordinary national athlete. He is Southeast Asia’s best male triathlete with a gold medal finish at the 2015 SEA Games.

As Huelgas tells it, the road from national team hopeful to SEA Games gold medalist is much like the turbulent conditions triathletes must face—choppy waters, uphill climbs, and winding roads included. His secret weapon: an honest assessment of his strengths and weaknesses, and the patience to build on them.

“Endurance is my talent,” Huelgas shares. “I’m not talented in explosive movements; I learned that I have the ability to endure pain for long periods of time. From there, I turned my gift into an opportunity to open new doors.”

The Tondo-born athlete pursued swimming in high school and college, representing De La Salle University in two seasons of the UAAP in the distance freestyle event (1.5K). He then got into running in 2009, which is when he met a national triathlon team coach who urged him to join the national team. This led to his foray into triathlons, and he has never looked back since.

You may easily mistake this 23-year-old’s rise to the top as inevitable, foreseeable, expected. After all, he knew his strengths, maximized them, and found a sport that seemed tailor-made for his abilities. But Huelgas counters that his journey was anything but easy—much like the SEA Games race that nearly broke him.

“The water was very choppy during the swim and I lost so much time,” he recounts of coming out of the water fourth, and more than a minute behind the race leader. “I jumped on the bike and it slipped 100 meters in because of the wet roads. I thought *tapos na yung laban*.” In his head, all that training—swimming 21K, biking 260K, and running 70K each week—was about to be wasted. But a little help from his teammate enabled him to mount a comeback.



“My teammate Jonard Saim waited for me on the bike and got me back on track,” he continues. Saim helped him calm down and refocus. Huelgas’ killer instinct then took over when the run started. “I knew I was going to win. I was confident because running is my strongest leg. I knew my opponents and I knew

myself. I knew I could do it.” And win he did, crossing the finish line first with an official time of 2:04:32.

Huelgas’ ability to endure pain may have led him to Philippine sports glory, but it’s his positive outlook that will enable to him to inspire change in the years to come. “I take my work seriously even if I’m really a very happy-go-lucky person,” he stresses. “I set very serious goals and I take it seriously when I fail because I love to win. But in the process, I need to enjoy myself.”

His optimism and can-do attitude is contagious. The next goal, he says, is not a particular race he has on his schedule, but to have a positive effect on the next generation of champions. “I want them to be positive first, and then be realistic. That way, they’ll know how to win,” Huelgas points out. “If you rely on pushing too much, then you won’t reach your goal. Be a smart planner instead.” ■



**GOLD MEDAL
MUNCHING**

**Rule #3: Consume
carbs before training**

"You need to have carbs to be able to train properly and to fuel you during your session," suggests national triathlete Nikko Huelgas. But don't just reach for a slice of cake or a chocolate bar. It's better to get your carb fix from complex sources like whole grains, explains Dave Clark Sison, M.Sc. R.N.D., nutrition clinic director and professor at the Philippine Women's University School of Nutrition. You'll get sustained energy from the following sources: oatmeal, muesli, or wholewheat bread.



RAPID FIRE: NIKKO HUELGAS

IDEAL VACATION:
"I want to go to Hong Kong and eat at Palace Kitchen and Tim Ho Wan."

FAVORITE MOVIE:
"The Bourne trilogy."

FAVORITE FOOD:
Pizza "I can eat six slices in one sitting."

MOTTO: "Be kind and always make the most of everything in life."

TOUGHEST RACE:
"The 2014 Tri United 2. I almost died. My body temperature was so high and I was too tired."

FAVORITE CHEAT MEAL: "Two slices of cheesecake, or Ben and Jerry's Peanut Butter Cups."

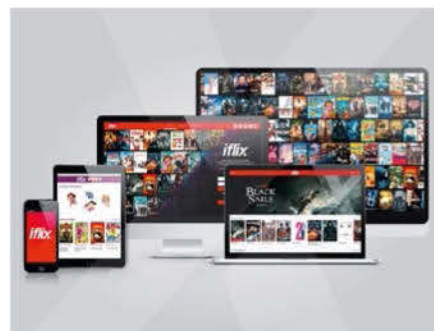
GET A JUICE BOOST

People who consume 1 to 2 cans of soda a day have a 26 percent greater risk of developing type 2 diabetes than those who don't, according to the Harvard School of Public Health. Time to swap your soda fix with fresh fruit juice from Oishi Great Lakes. The finest fruits and vegetables are fused into the ready-to-drink juice, offering you 100 percent natural juice that's sure to quench your thirst. Oishi Great Lakes doesn't contain artificial coloring, flavoring, or sweeteners, making for a refreshing way to add fruits and vegetables to your diet. This juice drink comes in two variants: Tropical Fruit and Fruit and Vegetable Mix, both of which will treat your palate to fresh flavors sans the guilt. Show how you stay refreshed with Oishi Great Lakes using the hashtag #WholesomeRefreshment!



CLICK TO FIT

Cornell University's Food and Brand Lab found that what you watch can affect how much you eat. Action flicks, for example, lead to more in-movie snacking than a talk show or slower movie would. Word of advice: choose what you watch wisely. Now, you can have complete control over the content you watch thanks to iflix, Southeast Asia's leading Internet TV service. Filipino viewers can now subscribe to and enjoy unlimited access to thousands of hours of entertainment, including foreign and local movies and TV series, for a low monthly price. It costs just P129 for a month of unlimited access, and just P1,300 for annual subscriptions. Learn more and get your free trial by visiting iflix.com!



RUN TO YOUR OWN BEAT

Studies have found that music reduces your perception of how hard you're running by about 10 percent. That's an awesome enough reason to buy the new Sony Smart B-trainer for running. This waterproof, wireless headset is made for runners, offering 16GB worth of space for tunes. It's also a GPS tracker, heart rate monitor, and motivational coach all in one. The headset will tell you if you're running too fast or too slow depending on your desired pre-sets, which you can enter using the B-trainer app. After running, sync it again with the app and get your stats automatically. It's the modern runner's new best friend. Get your own at Sony shops nationwide. Learn more about it by visiting www.sony.com.ph or www.facebook.com/SonyPhilippines.

REDISCOVER COMFORT

Walking for two minutes every hour could offset the hazards of sitting for too long, according to University of Utah Health Sciences. To ensure you can walk comfortably anywhere you go, grab a snug pair of shoes, like the new Skechers GoWalk 3. This shoe offers added flexibility and feedback thanks to its GOimpulse and GO Pillar sensors,

resulting in a more responsive walking experience. Plus, advances like the new Goga Mat Technology, which provides a high-rebound cushioning insole, can make your walks effortless. Its new Memory Foam Fit design also provides ample cushioning around the heel. Get your pair at Skechers shops nationwide. Find Skechers online at www.facebook.com/skechersphilippines and on Twitter and Instagram @skechersph.



ADRENALINE JAM

A study from the University of Kansas found that being a sports fan can help fight depression. True enough, cheering in a stadium full of fellow fanatics provides an exhilarating feeling, no matter what sport you're watching—monster truck exhibitions and ATV races included. Pinoy fans can attest to this after Monster Jam took over the SM Mall of Asia Arena last June. The larger-than-life Monster Jam trucks did death-defying jumps off the ramps and tore up the dirt flooring, much to the delight of the crowd. Six ATVs also treated the audience to a heated racing and freestyle motocross competition in between the monster trucks' appearances. Find out more about Monster Jam by visiting www.monsterjam.com.



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EDITED BY ENRICO MIGUEL T. SUBIDO

SEX

(TAPE) EDUCATION

PLEASE, PLEASE, PLEASE
TAKE TO HEART THE
WORD "CONSENT"

By Paul John Caña

If you've ever thought about making a sex tape, you're not alone and you're perfectly normal. The idea has been around since the invention of the film camera, and while the prudes among us frown upon the act, that doesn't mean you should automatically give up starring in your own for-adults-only home movie.



PHOTOGRAPHS BY DIX PEREZ

"Like any exploration of sexual practices, one should not be influenced by popular culture," says Ronaldo G. Elepaño III, M.D., a psychiatrist at The Medical City. "Making a sex tape should not matter whether it's acceptable or not by society's standards. Remember that the couple's sexual practice is decided by what they both enjoy."

But why go forth and film, you ask? Think simple: It's fun, and it presents you and your partner with a new experience. While couples may have different reasons for preserving their most intimate moments for playback, the bottom line is that they are all looking to try something exciting and out of the ordinary. "There has definitely been an improvement in terms of the sex, and even the orgasms I experience," Chelle (not her real name), a 30-year-old public relations professional, confides.

That said, you and your partner run numerous risks when documenting the deed. "If you've got a sex tape and someone else has a copy, you've got to be prepared for it to come out and be sent to the last person you'd want to see it," warns international sex, body language, and relationships expert Tracey Cox. Adds Dr. Elepaño: "One of the main issues in making a sex tape is privacy. It is not advisable to make copies of your sexy videos or photos."

Making a sex tape is both fun and risky (the two always go together, somehow) and should only be done when the involved parties are completely in the know. MH offers a few do's and don'ts when it comes to starring in your own homemade porno. Excuse us, where are our manners—we meant "love video."

DO: ESTABLISH CLARITY

Make sure all parties are aware of, and consent to, what's going down. "The rules should be clear," stresses Dr. Elepaño. "No one party should be coerced into the making of the sex tape. The objectives for making one should be honestly examined for couples." In more understandable terms: Hidden cameras are not cool, and neither is blackmail. Plus, there's nothing fun about being sued for unauthorized surveillance.

DON'T: MAKE COPIES

Or—*gasp!*—lose the file completely. In the same breath:

DON'T: UPLOAD ANYTHING

Avoid syncing to the Cloud or your Google Drive. "My boyfriend and I watch [our videos] together, and I always delete them right away," shares Chelle. "My daughter has access to my phone, and I don't want her seeing those videos." But remember: Deleting doesn't completely do the trick. "In the digital age, always remember that information is never truly deleted," cautions Dr. Elepaño. Files can still be recovered, so go the extra mile and remove sensitive data using advanced security tools. Try Eraser (eraser.heidi.ie) and ensure you leave no chance of incrimination.



DO: BE CREATIVE

You don't have to go all Martin Scorsese on that ass, but mix things up to keep your videos from being boring. Chelle says she and her partner take turns holding the camera, capturing different angles and moves. "We also put on some music," she adds. Make your boudoir video extra-spicy by following the tips found in "Be a Voyeur Visionary."

DON'T: THINK MAKING A SEXY VIDEO IS A CURE-ALL

Making a sex tape isn't a fix-all for your relationship problems. Dr. Elepaño states that couples should be realistic in their objectives and expectations. "Some couples will assume that making a sex tape can salvage a relationship," he says. But a sexy video isn't a band-aid for relationship problems. Get your head in it and initiate communication with your partner. "You can't communicate while you're checking your phone, watching TV, or flipping through the sports section," reasons Elaine Fantle Shimberg, author of *Blending Families*. ■

AND IF THAT SHIT LEAKS?

Deny it, then resist the urge to defend yourself. If you have to say something, go with this: "I invoke my right against self-incrimination." Never this: "I never thought I had a twin brother."

BE A VOYEUR VISIONARY

Forego the studio lights, cheesy "neighbor-needs-to-borrow-brown-sugar" script, and wah-wah-driven background music (actually, that last one would be pretty cool). "If your [video] setup is too professional-looking, she'll feel like she's on a set or a stage, and that's not exactly the intimate, foreplay-sex-tape feel you're going for," says pornographic actress and film director Dana Vespoli. But adding simple video-production hacks to your own love video will make it more enjoyable for both of you to watch—and shoot.

Grooming

It's not a myth: Shaving your pubes makes your junk look bigger.

Lighting

Vespoli says natural light is best, but if it doing it in the afternoon glow isn't really feasible, film in a room with yellow incandescent light. This hue hides blemishes, and evens out skin tones, dimpling, and cellulite.

Camera

Skip the production-grade shooter; your smartphone camera will do (use her phone if she's worried about the video getting out.) Prop it up on a flat, stable surface like a side table or dresser, and use your phone dock as a tripod. No phone dock? Sandwich the gadget between two heavy books, lens-side up.

Angles

Shoot from a low angle, looking up. "This angle flattens the stomach, makes her butt look rounder, and makes her breasts look bouncier," Vespoli explains. "Top-down is only good if you're shooting oral sex."

Positions

Avoid positions that have you covering her, like missionary and the piledriver (you really don't want to watch a video of your own ass). Go for ones that celebrate her naked glory. Reverse cowgirl, open spooning, and anything else that lets her stretch or lean back are good choices.

FAN THE

FLAMES

EAT DINNER, HAVE HER FOR DESSERT, AND TREAT YOURSELVES TO A MIDNIGHT SNACK WITH THESE YUMMY MUNCHIES

By Enrico Miguel T. Subido

"Sexercise" is good for you. According to a study at the University of Montreal, a typical 25-minute romp—from foreplay to the big finish—allows men to burn an average of 100 calories. We say it's the absolute best way to lose 100 calories.

Doing so also may deplete your carbohydrate reserves, so "consume carbs to replace your energy stores," says John Munshower, M.D., of the Center for Family Health in Media, Pennsylvania. Don't just re-heat leftovers. As Chef Jorge Paolo Estember puts it, make your partner want you more, "not just because of a great performance, but also because of the food [you] cook for her."

BROCCOLI AND CHEESE SOUP

Ingredients:

40 g butter
1 small onion, chopped
150 g broccoli, chopped
400 ml chicken broth
160 ml all-purpose cream
100 g Magnolia Quickmelt cheese, cubed
3 g garlic powder
30 g flour
80 ml water

Prep: 10 minutes

Cook: 20 minutes

Calories: 352/serving



Directions:

In a stockpot, melt the butter over medium heat. Cook the onion in butter until softened. Add the flour and cook with chicken broth. Add the broccoli and simmer until tender. Reduce heat, and stir in cheese cubes until melted. Remove from heat and puree with a handheld immersion blender until smooth. Mix in the cream and garlic powder.

MEATBALL SUBMARINE SANDWICH

Ingredients:

300 g ground beef
¼ cup bread crumbs
2 tsp dried Italian seasoning
2 cloves garlic, minced
2 tbsp chopped fresh parsley
2 tbsp grated Parmesan cheese
1 egg, beaten
1 French baguette
1 tbsp extra-virgin olive oil
½ tsp garlic powder
1 pinch salt, or to taste
1 (14-oz) jar spaghetti sauce
4 slices cheddar cheese
1 onion
1 tomato
1 cucumber
lettuce
olives

Prep: 20 minutes

Cook: 20 minutes

Calories: 530/200 g

Directions:

Preheat the oven to 175°C. Hand-mix the ground beef, bread crumbs, Italian seasoning, garlic, parsley, Parmesan cheese, and egg. Shape into balls, then place in a baking dish. Bake for 15 to 20 minutes, or until cooked through. Cut the baguette in half, lengthwise, and slightly hollow-out the center to make a well for the meatballs. Brush with olive oil, season with garlic powder and salt, and lightly toast. Warm the spaghetti sauce over medium heat. When the meatballs are done, cover them in sauce. Spoon onto the baguette, and top with slices of cheddar cheese. Put back in the oven for 2 to 3 minutes to melt the cheese. Assemble with the lettuce, tomatoes, cucumber, onions, and olives. Cool slightly, and cut into 3 servings. ■



CRISPY ARUGULA, LETTUCE, STRAWBERRY, AND BACON SALAD

Ingredients:

3 tbsp balsamic vinegar
½ tsp Dijon mustard
3 tbsp extra-virgin olive oil
¼ tsp kosher salt, plus more for seasoning
2 cups arugula leaves
fresh strawberries, washed, dried and split lengthwise
¼ cup bacon, chopped
feta cheese
cherry tomatoes
lettuce

Prep: 10 minutes

Cook: 10 minutes

Calories: 275/serving

Directions:

In a large serving bowl, whisk together the balsamic vinegar and mustard. Whisk in the olive oil and salt. Season to taste. Toss in the arugula leaves and lettuce, add the strawberries, and lightly mix. Garnish with cherry tomatoes, bacon, and feta cheese.





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SUBTLE SIGNS YOUR BOSS

HATES YOU

HAVE YOU LANDED IN YOUR SUPERIOR'S DOGHOUSE? HERE'S HOW YOU CAN TELL

By Enrico Miguel T. Subido
Additional Reporting by
Ashley Insalaco

At work, you're the glue guy—the consummate team player who gets things done without stepping on anyone's toes. And everyone likes you—except your boss.

It's not what you do (or don't do) that ticks him off. It could simply be, well, that he just doesn't like you. "Merit has very little to do with why people are [employed]," notes Stephen Viscusi, author of *Bulletproof Your Job: 4 Simple Strategies to Ride Out the Rough Times and Come Out on Top at Work*.

Tough break, really. But you can improve your situation. "You may find yourself taking actions that make you unpopular, but understand: That's what makes you valuable to your boss," assures Aljor Perreras, a former facilitator for an international transformational seminar, and now one of the bosses of A'Toda Madre restaurant.

Your path to a better relationship with your boss starts with paying closer attention to the big cheese's mannerisms. Time to get investigative with it, Holmes.

HE DOESN'T MOVE HIS COFFEE CUP WHEN YOU SIT DOWN

"If something else is more important than you, or if [your boss doesn't] want to engage with you, [he'll] put up a barrier," explains body-language expert Patti Wood, author of *Snap: Making the Most of First Impressions, Body Language and Charisma*. A sign of respect would be to clear any obstructions between whoever you are talking to.

Try this: Next time you notice the clutter between you and your boss, give yourself a clear path to him. Adjust your position or sit taller to make full eye contact with him.

HE STANDS FACING YOU

If your boss likes you, he'll most likely stand at your side—a position of trust—when you two talk. "That's where guys feel the most comfortable, the safest, and disclose the most," says Wood.

Try this: Lean toward him, listen to what he's saying, and show that you are giving your undivided attention. "Something people don't do is simply listen," observes Perreras. "They're too busy formulating their response and not listening to who is speaking, and this is not really communicating."

STUCK EATING LUNCH AT YOUR DESK?

Add a chill pill to your plate: Being paranoid at work causes your co-workers to dislike you, according to a study in the journal *Organizational Behavior and Human Decision Processes*

HE AIMS HIS BODY AWAY FROM YOU

Facing you, facing away from you—you just can't win with this guy. Pay close attention: A person's body windows are their toes, knees, pelvis, stomach, heart, throat, mouth, eyes, and palms of hands, Wood enumerates. If your boss trusts you, he'll be more likely to aim his body at you, keep his hands on the desk, and let his mouth slightly open.

Try this: You don't want to feel like a doormat, but you also don't want to start badmouthing your boss. Show respect, even if it seems like you're not getting any. "Don't slouch, whether you are standing or sitting down," advises Perreras. "Keep your arms open; don't cross them in front of you because you're not letting the other party participate in the conversation."

HE ONLY E-MAILS YOU

You notice the boss paying other employees personal visits to their desks, while all you get are e-mails. It's simple: He doesn't have anything else to say to you that can't be said in a text or an e-mail—which sucks, because it makes it that much harder for you to actually engage in career-beneficial conversation.

Try this: "If he is within walking range, go over and talk to him," suggests Perreras. Even if he is an e-mail kind of guy, you should still show that you are willing to go talk to him. Of course, remember to also acknowledge his message through his preferred communication channel. Who knows? He might just really like e-mail. ■



CASUAL LUXURY

GAZON

For Autumn / Winter 2015 Lacoste has referenced its tennis roots without resorting to literal recreations, reflecting the brand's dedication to respecting its past while looking firmly to the future. The footwear collection is underpinned by the idea that 'Life is a Beautiful Sport', a concept that seamlessly brings Lacoste's sophisticated blend of performance and elegance to the everyday.

Introducing the Casual Luxury pack this season, Lacoste has focused on delivering the perfect combination of luxury and understatement and created minimalistic silhouettes in premium materials. Included in this pack is the Gazon: a slip-on executed in smooth, silky nappa leather in on-trend monochrome colourways. Subtle detailing remains true to Lacoste's design ethos through tonal binding, a hidden elastic for enhanced comfort and subtle embossed crocodile branding on the quarter.

So if you're looking for something to enhance your wardrobe and take you seamlessly into autumn, slip into a pair of Gazons from Lacoste's latest collection.

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PREMIUM RUSH

AUGMENT THIS MONTH'S REALITY WITH A LITTLE BIT OF ARENA ROCK, SUPERHERO TEAM ACTION, AND SOUND BUSINESS ADVICE

By Vince Vega



01 AWESOME FOURSOME

Yet another comic-book franchise takes the reboot route. But this version of *Fantastic Four* (out on the 5th) may make one of your movie-date nights, well, fantastic. The cast—Miles Teller (Reed Richards/Mister Fantastic), Kate Mara (Susan Storm/Invisible Woman), Michael B. Jordan (Johnny Storm/Human Torch), and Jamie Bell (Ben Grimm/The Thing)—is a talented bunch you and your girl will root for. But we hope you don't mind when she goes on about "crushing on that guy from Whiplash" after the flick.



02 FLAME on

Brother, when's the last time you watched a rock-and-roll show? Well, Imagine Dragons takes the Mall of Asia Arena stage on the 27th for their Smoke + Mirrors Tour. Note to self: Score a ticket. If "Radioactive" is the only song you know from their discography, allow this concert to educate you more on the band's musical dynamism and raw energy up close.

SET YOUR MOUTH ON FIRE



Not a fan of red hot chili peppers? (Nope, we aren't referring to Flea and the gang.) You might want to reconsider having some of these blazing bad boys once in a while. They are rich in vitamin C, which fortifies your immune system, and packed with capsaicin that has diabetes- and bacteria-beating properties. Grab a breath mint if you're worried about lunchtime dragon breath.

STAY IN THE STRETCH ZONE

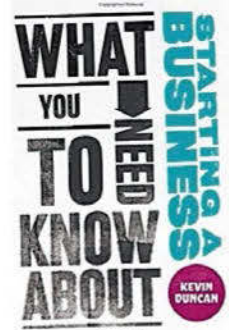
Here's your solution to tight-as-hell pecs: quasi-isometrics. According to US MH fitness director BJ Gaddour, this is one active stretch that reinstates your pectoral muscles' resting length while ramping up shoulder strength and stability. Use it to ace your next punishing bench sesh.

1. Assume a push-up position, but place your hands on a medicine ball or dumbbells.
2. Lower your chest until it is a few inches below your hands while your forearms are at a strict vertical position. Hold for 30 to 120 seconds.
3. Feeling the fatigue setting in? Try to slowly sink deeper into the stretch, says Gaddour.
4. If holding for 120 seconds becomes easy-breezy, try elevating your feet or wearing a weighted vest.



03 MAKE YOUR OWN MARK

Tired of the 9-to-5 grind that has transformed you into a cog in the corporate machine? With Kevin Duncan's *What You Need to Know About Starting a Business* (National Book Store, P989), you might just be able to discover greener pastures and find your way to some serious money—from crafting your first-ever business plan, to road-testing your big idea, to unlocking the secrets to business stability.



TUNE IN TO THE VIEW



Expecting a crazy, stress-filled morning at work? Try taking the scenic route to the office. According to a study from the journal *Environment and Behavior*, natural scenes decrease feelings of anger and frustration on the road. If your route only offers scenes of traffic and congestion, busting out your favorite tunes will also help you feel less stressed, reports a study in the *Journal of Applied Psychology*. ■

KIX

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PUT THE NEEDLE TO THE GROOVE

LEARN WHAT TRUE PASSION ENTAILS FROM EDRIC CHUA, THE MAN BEHIND VINYL'S LOCAL RESURGENCE

By Enrico Miguel T. Subido

Think “vinyl record shop owner” and you might get images of protagonist Rob Fleming from Nick Hornby’s *High Fidelity*—jaded, much too driven by his feelings, and a bit of a musical snob. Rarely will you picture a pragmatic, emotionally stable, and traditionally educated businessman slanging wax. But Edric Chua, part owner of Satchmi, is just that. Breaking the mold and straying from literary stereotypes, he has derived success from his ability to fuse business savvy with a manageable passion for unique listening experiences.

TAKE CALCULATED RISKS

Let’s say you have a fitness goal: You want to reach a certain weight and get to a certain body-fat percentage. Ask yourself: “Can I really do it with the lifestyle I have? Or do I have to adjust and set a more realistic goal?” This works for business, too. Always focus, calculate the risks, and maintain an objective mind. Sure, you still need to have a bit of passion to drive you, but you also have to know when to let go of your pride and accept certain things and their limitations.

DIG DEEP

My time in Canada was a big turning point for me. I went alone, moved there on my own; went to university, and worked as a barista and a genetic researcher. When you move to a different place, you get the chance to reinvent yourself. It’s something that’s hard to do here because the community is so small, and who you are is already associated with so many things. If I had stayed in the Philippines after graduating with a degree in economics, I

would’ve probably gone with a full-on business. I probably wouldn’t have fallen in love with analog photography and vinyl. Satchmi probably wouldn’t exist.

BALANCE PASSION WITH PRACTICALITY

To be really happy in life, it’s not just about going after your passion. First, go for what you love. You don’t have to love it 100 percent, but you have to love it enough. Then, do something you’re good at.

Finally, do what’s expected of you and put in the work. The reality is that we all have bills to pay, and we can’t just go through life chasing after passions that won’t sustain us. Life is a marathon, after all, not a sprint. Isn’t it better to have a passion for something and be able to sustain it?

STAY SHARP

It doesn’t matter if you don’t make a lot of money now. Just keep setting yourself up

for good opportunities so that when they come, you’re ready to take them. Stay prepared and ahead of the game. [When I was] starting Satchmi, my dad was supportive, but he did question the business direction. He said it was a big risk. But my partners—Ronald Sy and Aislinn Chuahiock—and I calculated the risk. It was basically a “build it and they will come” kind of thing, a mix of both passion and entrepreneurship. I’m really thankful my dad let me do my thing and didn’t try to stop me. ■

BOOST WISE WORDS



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BEWARE THE "TEXT NECK"

YES, USING YOUR MOBILE DEVICES TOO OFTEN CAN ACTUALLY CAUSE POSTURE PROBLEMS. DAMAGE-CONTROL TIPS AHEAD

By Ingrid Villafuerte Puache

You've heard of Carpal Tunnel Syndrome from using your mouse all day and all night. But there's a graver threat affecting even those who aren't desk slaves. Ever heard of "text neck" or "iPosture"? (Sorry, Android.)

Best be informed, then. "The main thing I see with 'iPosture' are symptoms of muscle spasms in the neck, which are caused by the cervical spine going in the wrong direction," says Ciro Ghiraldi, M.D., a chiropractor at United Nations Chiropractic Center. "The first sign of pain or discomfort in the neck area is a good indication that you need to see an expert or specialist."

Here, we outline the dos and don'ts of posture while using your mobile device to help you steer clear of the damage.



CALLING

DON'T: SANDWICH THE PHONE BETWEEN YOUR CHEEK AND SHOULDER

It keeps your hands free to do other things, but "this position causes an imbalance since the muscles on one side of the neck are short," warns Dr. Ghiraldi. Because one side of the neck is short, the other is hyperextended. As the minutes tick by, you may also notice a crick in your shoulder as the muscles work to prop up the phone against your cheek to keep it from slipping.

TEXTING

DON'T: SLOUCH

"When you sit this way, the weight of your head is at the anterior. Also, your shoulders are rounded, so there's a lot of tension on your



trapezius muscles and your upper back," notes Dr. Ghiraldi. A study by the New York Spine Surgery and Rehabilitation Medicine found that "for each 15 degrees of tilt, the pressure increases. At 15 degrees, a person feels 27 pounds of pressure; at 30 degrees, it ups to 40 pounds; and at 60 degrees, a person should feel roughly 60 pounds of force on the spine." Just sitting this way while texting is akin to having the full weight of a toddler on your head!



DO: Straighten up, keep your elbows close to your body, and bring up your mobile phone to eye level. The weight of your head has to be distributed properly throughout the cervical discs and facet joints, which are structures in your neck that bear the weight of your head. "Download applications that allow you to plug in your earphones and dictate a text message," suggests Dr. Ghiraldi. This way, your mobile phone could be on your lap or desk, and your neck stays relaxed.

Do this Chair Stretch: Sit at the edge of your chair, face your palms upward, and keep your shoulders relaxed. Then, bring your shoulder blades together. Hold the position for a few minutes before slowly returning to a resting state.



DO: Hold the phone to your ear, and keep your elbows close to your body. "Better yet, use your headset so that your shoulders stay relaxed throughout your call," Dr. Ghiraldi recommends. Adds Neil Puache, a physical therapist at VRP Medical Center: "If limiting your use of your mobile device is not an option, take frequent breaks. Rest every 15 to 20 minutes—*mag-stretch ka or gumawa ng kahit ano para umandar lang yung blood circulation.*"



EXTRA DON'T: While holding the phone to your ear is better, avoid jutting your elbow out because this also causes a strain on your shoulders.



TECH SUPPORT: WHAT TO DO WHEN YOUR PHONE ENSLAVES YOU

Raphael O. Inocencio, founding partner and consulting psychologist at Better Steps Psychology, weighs in

Listen to your real support system. To tell you the truth, you're an addict—especially when you feel you're not spending enough time dealing with other facets of your life, and you cannot function optimally without your smartphone nearby. "Many people who don't realize they're addicted have a tendency to lash out at suggestions of over-dependence. Be open to the observations of family and friends, and trust that they will always have your best intentions at heart," says Inocencio.

Set limits to your phone use. If you find yourself looking at your phone every few minutes instead of spending quality time with your loved ones, it's time to make changes. Turn off unnecessary notifications (such as your work e-mail and games) so that these activities don't become intrusive to your personal life.

Seek professional help. Seriously. Over-dependence on certain objects is oftentimes linked to some underlying issue. A professional will be able to help you process your dependence.



READING ON A SCREEN

DON'T: PROTRACT YOUR NECK

Unless the font size of your phone is set to extra-large, you're most likely straining to read text messages and articles online. "I also see this a lot in the office as people work on their laptops. It's like trying to reach with [your] eyes to look at the screen," Dr. Ghiraldi describes. Try catching a glimpse of yourself in the mirror from the side: If you look like a turtle, then you're protracting your neck.



DO: The opposite—retract your head. "Draw your head back, almost like someone's coming too close to you and they're getting inside to your personal space," Dr. Ghiraldi advises. Only your neck, not your body, should move. "Keep your mobile device 12 to 20 inches away from your eyes," adds Puache. "The reach of every individual varies. Just keep it at arm's length and eye level." If you have a tough time doing this, imagine having Mayweather in front of you, chest to chest, and he brings his face close as if he's about to kiss you. See what your neck did right there? ■



PUMP IT UP

When a former NASA engineer designs a shoe that incorporates one of footwear's most iconic innovations, you've got a winner. Reebok's Head of Running, Bill McInnis, explains that the new ZPump Fusion was designed with everyone's feet in mind. Using Reebok's patented Pump technology, the shoe, once inflated, molds around the individual shape of your foot for a perfect fit, promising more on-foot stability, resulting in surefooted runs. Check out your nearest Reebok store to try the ZPump Fusion for yourself.



MAKE IT TRIPLE-STRENGTH

Omega-3 fatty acids are essential for a host of health benefits such as lowered heart disease-causing triglycerides, controlled cholesterol levels, normal blood pressure, and improved bone health. Specifically for men, it can also lower the risk of prostate cancer, according to a study published in the *Journal of the National Cancer Institute*. A healthy seafood diet is rich in omega-3, but for those who can't always enjoy the bounty of the sea, there are always supplements. Go for GNC's Triple-Strength Fish Oil, which contains 900 mg of omega-3. These gel capsules are 100 percent mercury-, cadmium-, lead-, and PCB-free, and are coated in enteric, which allows them to fall straight to your small intestine, reducing the inconvenience of "fish-taste burp." Get your fix at your nearest GNC store.

BLAZE A TRAIL

Last Independence Day Weekend, running and outdoor enthusiasts flocked to Nuvali in Sta. Rosa, Laguna, for the 7th edition of the The North Face 100 ultramarathon. With 22, 50, and 100km distances, participants challenged their bodies and minds on multiple terrains, and reaped the distinct

benefits only trail running can provide—like "forces that would normally be transmitted from the pavement up to the ankles, knees, shins, and hips are dissipated when the foot hits the ground on the trails," says New York-based sports medicine expert and orthopedic surgeon Scott Levin. Stay tuned to www.thrillofthetrail.ph for more exciting events.



UNVEILING LOCAL TALENT

The search for the next local basketball superstar is on, with the launch of *Nike: Rise*—Nike's first-ever reality documentary program in the Philippines. The

campaign aims to discover untapped talent from all over the country through regional tryouts in four major cities, namely Dagupan, Manila, Cebu, and Davao. Once selected to the 6-week program, Rise players will be immersed in the rigorous lifestyle of a Nike athlete, and will receive tutelage from coach Chot Reyes and assistant coach Jimmy Alapag. For behind-the-scenes footage and training content of Rise, visit nike.com.

BEAT THE MONSOON

Heads up this rainy season: There's a floodin' around the corner! Brave the storm behind the wheel of the all-new Ford Ranger Wildtrak and worry less about rising waters. The truck features rugged qualities, including a class-leading 800 mm water-wading capability, 230 mm ground clearance, and an efficient, 3.2-liter latest-generation Duratorq diesel engine. Inside the cabin, things get plush as passengers will enjoy a car-like interior and creature comforts including SYNC2 connectivity, and a media entertainment system. Head to your nearest Ford dealer for a test drive.



Stop a Stroke Before It Strikes

A stroke could change your life—or end it—in an instant. But the damage that leads to a brain attack is often years in the making. That's why David Liebeskind, M.D., a professor of neurology at UCLA, is using MRIs and CT scans to detect narrowed arteries and other early warning signs. Even dental x-rays, which show arteries to the brain, can hold clues. "Imaging shows changes over time," he says. His Rx: Ask your dentist and doctor for copies of every imaging study you've ever had and stash them on a HIPAA-compliant site, like MyVault. That way, your doc can compare your past results to now.

Uncommon Knowledge

THE INSIDER'S GUIDE TO EVERYTHING

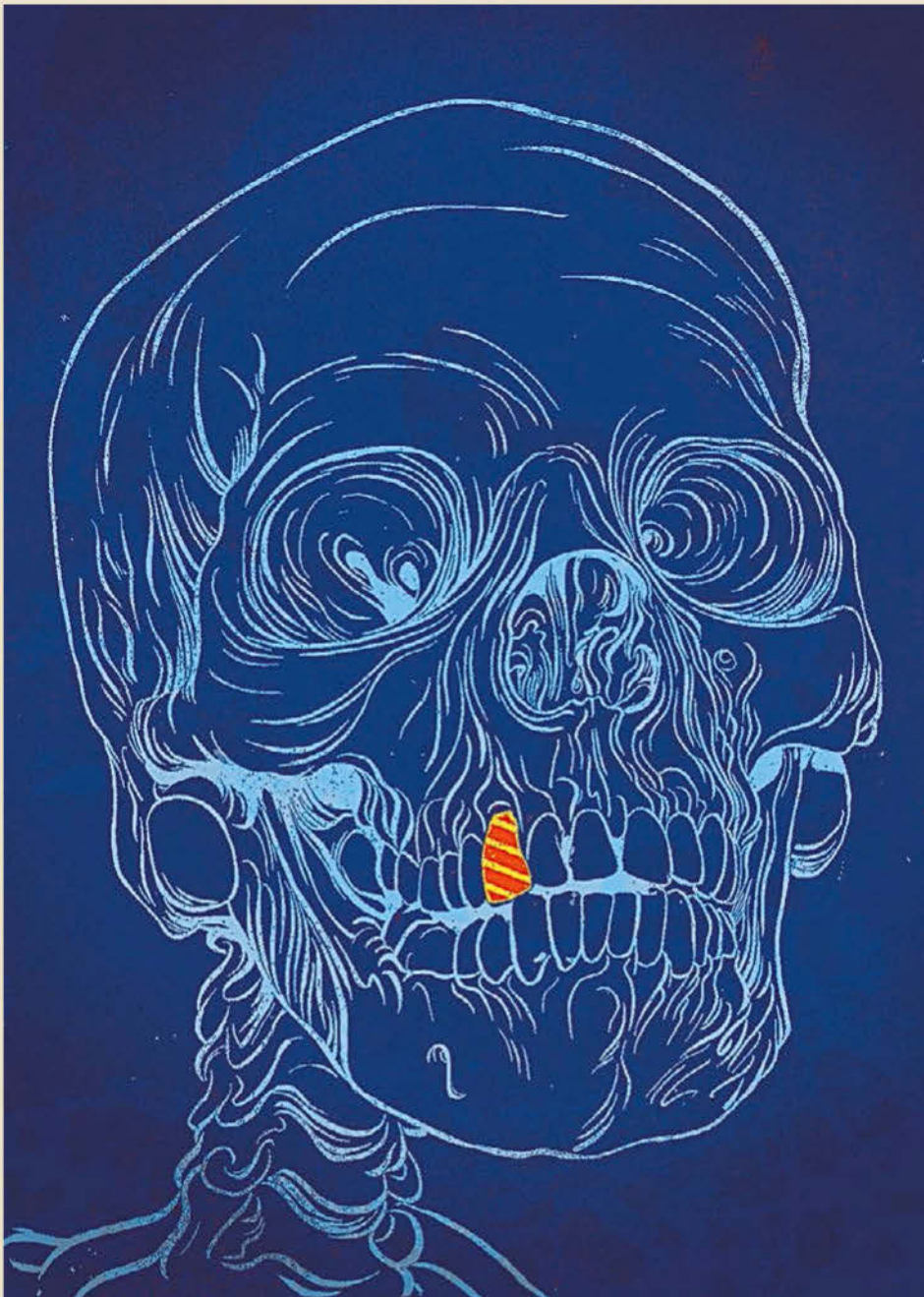


ILLUSTRATION BY JACOB THOMAS

Expert Advice from **David Liebeskind, M.D.**

1

Make Joe Your Bodyguard

"The antioxidants found in coffee have multiple health benefits, and research suggests that drinking three to four cups a day may lower your stroke risk. I make a cup of Nescafé instant every morning. Then I drink two large cups of regular during the day."

2

Strategize to Travel Light

"Business trips are extremely mentally taxing. I always pick up a bottle of water to stay hydrated and usually grab a snack like peanuts or cashews at the airport. The H₂O, along with the essential fatty acids in the nuts, helps my brain stay energized. Nuts are rich in nutrients that aid bloodflow."

3

Carve for Your Cardio Health

"I have a Skier's Edge machine that I use for 30 minutes a day. Aside from making me a stronger skier, it provides an intense yet low-impact form of exercise. People who do cardio regularly have higher levels of brain-derived neurotrophic factor, a chemical that plays a big role in your cognitive function."

4

Change Your Scenery

"When I'm stressed, I think, 'What can I control, and what is out of my control?' One way to gain perspective is to just change your environment: Take a walk outside. If I have to work during my free time, I do it quickly and then jump back to leisure. That way, I don't worry about unfinished business."

YOUR WINNING WORK MANTRA

"Back-up EVERYTHING."



Spike That Milkshake

BY CHASE D. LOMIBAO

It is, in fact, all right to mix dairy and alcohol (in moderation, of course) to create what is probably the only drink that can bridge your childhood with the present. Just imagine: Sipping on a tall glass of liquid ice-cream goodness, and, moments later, feeling a boozy kick that has you smiling just a little bit longer.

If you're game to spike that milkshake, you

have an accomplice in Chef Allen Buhay of Wildflour and Pharmacy fame: "At Pharmacy, we let you do whatever you want. Pick an ice cream or sorbet, turn it into a milkshake, and add your favorite alcohol." Simple as 1-2-3.

Feeling a bit nostalgic? Throw it back to simpler days with one of these recipes, and get tipsy along the way.



COOKIES AND CREAM COFFEE LIQUEUR MILKSHAKE (YIELDS 2 SERVINGS)

Ingredients:

2 cups vanilla ice cream
¾ cup milk
¼ cup crushed Oreos (plus more for garnish)
1 oz coffee liqueur
whipped cream (for garnish)
cherries (for garnish)

Make it:

1. Process the vanilla ice cream, milk, Oreos, and coffee liqueur in a blender until smooth.
2. Pour into a glass, and garnish with whipped cream, crushed Oreos, and cherries.



PIÑA COLADA MILKSHAKE (YIELDS 1 SERVING)

Ingredients:

8 oz coconut milk
2 scoops pineapple sorbet
1 scoop coconut sorbet
1 oz rum

Make it:

1. Process all ingredients in a blender until smooth.
2. Pour into a glass and serve.



SALTED CARAMEL MILKSHAKE (YIELDS 1 SERVING)

Ingredients:

1 cup vanilla ice cream
⅓ cup prepared dulce de leche or caramel sauce
1 shot tequila (preferably añejo or reposado)
whipped cream, sea salt, and/or candied orange peel (for garnish)

Make it:

1. Process the ice cream, dulce de leche, tequila, and three ice cubes in a blender until smooth.
2. Divide among shot glasses, then top with whipped cream, sea salt, and candied orange peel.

FARMACY ICE CREAM AND SODA FOUNTAIN IS LOCATED AT GROUND FLOOR NET LIMA BUILDING, 4TH AVENUE CORNER 26TH STREET, BONIFACIO GLOBAL CITY.

ALPHA MALE

DEFY DEATH AT THE OFFICE

Nik Wallenda has crossed the Grand Canyon and Niagara Falls and even walked blindfolded between two Chicago skyscrapers on a ribbon-thin wire. No net, no harness. Here's how the renowned tightrope walker stays sharp when the stakes are high—and how you can elevate your own career.

Practice Pushing Your Limits

"In training, I have people shake the wire, hit my pole, and try to shove me off," Wallenda says. "If I know the winds on the day of a walk might be 50 miles an hour, I turn the wind machines to 90." Prepping for worst-case scenarios helps Wallenda stay calm at go time. If you're giving a presentation, brainstorm answers to all the worst questions you might be asked. And plan how you would condense everything if the boss shortened your time by 10 or 20 minutes. You'll be more nimble if needed.

Visualize Victory

As mental preparation, Wallenda spends hours scoping out the terrain and imagining himself conquering it. "When the time comes, I feel at ease because I have a mental picture of myself doing the walk," he says. You can use similar techniques for important meetings. Show up early. Look around the room and picture where you'll stand, what you'll share, and how confident you'll be. Do a dry run if you can. The real thing should feel automatic.

Build a Backup Plan

Falling could be fatal, so Wallenda makes sure that won't happen. He's able to dangle from the rope for 20 minutes, and he's taught his crew to mount a rescue in 90 seconds. He triple-checks all rope anchors. For your own make-or-break challenge (like a client meeting), expect the unexpected: Keep a set of clothes and copies of paperwork in your car. (Upload big files to Dropbox.) So if you spill coffee on your suit or papers, you'll regain balance fast.

—LILA BATTIS



Improve Your Online Persona

BY CHASE D. LOMIBAO

You've seen them—tactless and cringe-worthy status-updates-turned-rants, douche-approved photos of last night's alcohol-drenched skin fest, and comments that prove the existence of trolls. While censoring online information is a Sisyphean task, there are a number of things you can do to ensure that your online presence remains non-creepy and non-threatening.

"How you compose yourself on social media is quite similar to everyday conversations with people. There are certain things that will just turn people off or have them see you in a weird way," says Luciano Zanirato, general manager of digital solutions company Maxweb Inc. Here are the do's and don'ts for maintaining proper online etiquette:

1

DON'T POST RANTS ABOUT YOUR PERSONAL LIFE

"Rants can lead to unwarranted comments on things or people," Zanirato cautions. Stop airing your dirty laundry—people generally don't like negativity. Remember what your momma taught you: If you have nothing good to say, it's better not to say anything at all. Especially on social media.

2

LOSE THE PRETENSE

"It's very likely that what's posted on social media isn't necessarily what's actually going on," suggests Zanirato. Do the people in your network a service: Show them the "real" you. Yes, you can make a post about doing your own laundry. At least it's more real than a depiction of yourself wearing a white tiger-skin cape, lighting Cuban cigars with thousand-peso bills as Alessandra Ambrosio combs your hair.

3

SELECT WHAT YOU SHARE

Your actions on social media communicate what type of person you are to others. "What you share affects what people think about you," Zanirato stresses. If you constantly share beheading videos and child porn, for example, think twice about how this will reflect on your image.

Dig a Winner

BY ENRICO MIGUEL T. SUBIDO

DJ Kay Gee of Naughty By Nature is a master of "diggin'," or the art of finding rare, sonic gems in vinyl crates. With an ear for the unique, Kay Gee has crafted some of the most iconic hip-hop tracks using sampled sounds from various records he has found over the years. And thanks to all the accessible tech advancements in DJ equipment (check out "Block Rockin' Beats" on P. 90), spinning and sampling are now easier than ever.

Still, like Kay Gee says, "It's never the equipment, but what's blastin' through those speakers." Apply his method of diggin' to your own musical approach. And with modern gear and a progressive mindset, you'll discover success behind the decks, and find that you can apply these tips to almost any life situation.

TIP #1: "Find somewhere that hasn't been 'overfished.'"

Check the analogy: If too many people have been fishing the same lake, there won't be any fish to catch. Same thing with vinyl. Do your research, and look for new places to dig so you can land exceptional catches. In life? This approach will motivate you to explore and to never settle for minnows when you can be hooking *butanding*. (Note: DO NOT fish/hunt *butanding*.)

TIP #2: "Go with what you grew up with."

Whether it's rock, funk, R&B, country, or even klezmer music, it's always a safe bet to start with your earliest musical influences. But as with all things in life, keep an open mind. "I started out with soul music, that's what I grew up on," shares Kay Gee. "But eventually, I found other things like jazz and psych-rock, and those had great sounds on them."

TIP #3: "Take it home, put your own swing on it."

You can emulate, but you can never fully replicate. Do the next best thing by doing things your own way. Originality is key here, and that attitude applies to spinning the wax the same way it does to owning your craft—whatever it may be.

TIP #4: "You gotta evolve."

"One of the things you can do now is cybergigging," advises Kay Gee. "A lot of the old-school guys don't like it, but you gotta treat technology as an asset. If you don't evolve, you're gonna get left behind with your style and your music."



All you deep-dish dissidents, listen up: Because of their oven times and crust sizes, Chicago-style pies can carry more antioxidants than your normal pan pizza, according to Jeffrey Moore, a food chemist at The University of Maryland in College Park.

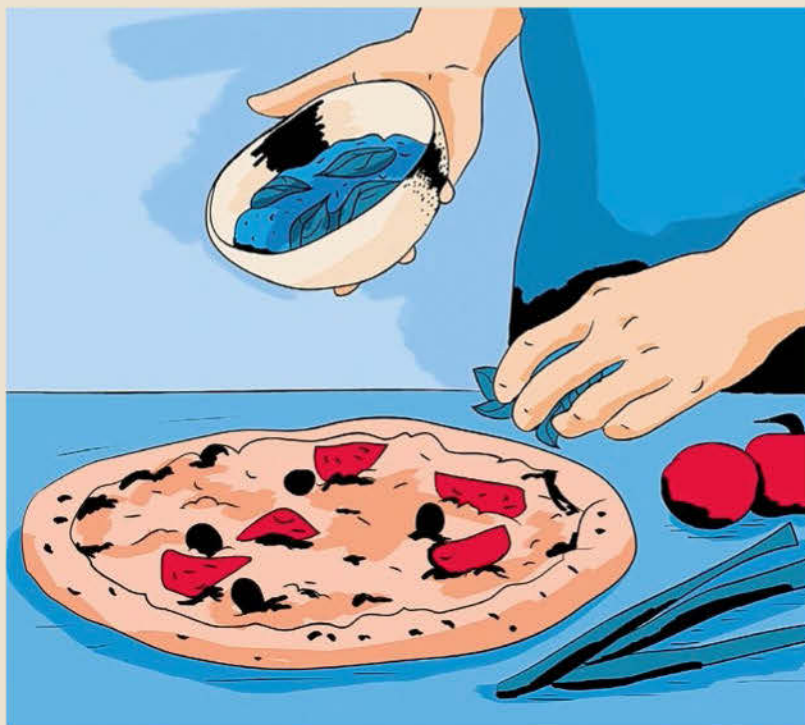
UNCONVENTIONAL WISDOM

How to Win (Friends) via a Knockout (Pizza)

BY GABRIEL A. PANGALANGAN

Fil-Am MMA fighter Mark “Mugen” Striegl has won 12 out of 14 professional bouts via submission. His slickest moves, however, happen not in the cage—but in the kitchen. “I can make a mean pizza from scratch,” he reveals. “This pizza’s

ideal for dates, when watching MMA fights with buddies, and everything in between—just not while you’re in training camp or when you have a sports competition the next day!” Learn his no-holds-barred recipe here



You'll need:

2 cups bread flour
1 tsp yeast
2 tbsp of sugar
1 tbsp salt
¾ cup warm water
½ oz pizza sauce
½ lb Italian sausage
8 oz mushrooms
1 green bell pepper
combination of grated mozzarella, gouda, and cheddar cheese

FOR MORE KNOCKOUT MEALS AND RECIPES THAT STRIEGL ENJOYS BEFORE HIS FIGHTS, VISIT WWW.TEAMBUFFET.COM.

Striegl Strategy:

STEP 1 Preheat your oven to 450°F.

STEP 2 Mix the flour, yeast, sugar, salt, and water in a bowl. “Take it easy on the yeast because you don’t want the bread to rise that much. Keep it thin-crust,” advises Striegl.

STEP 3 Top your dough with the mozzarella, gouda, and cheddar cheese mix. (Mugen’s Move: “There’s no

such thing as too much cheese.” Add another layer on top of your pie.)

STEP 4 Slice up the Italian sausage, mushrooms, and green bell pepper, then place on top of your pizza.

STEP 5 Place your pizza on a floured baking sheet. Stick it in the oven, wait 25 minutes, and pull out a knockout success.

BASIC TRAINING

BY ENRICO MIGUEL T. SUBIDO

So, you call yourself a boy scout? Your kitchen should always be prepared, too. Make sure it’s well-stocked with these must-haves

Nutritionist Llena Tan Arcenas, culinary services manager for San Miguel Foods, says these are the five most common items that should be in every guy’s pantry at any given time. Some easy grocery shopping will ensure that you’ve got reserves of these cupboard essentials

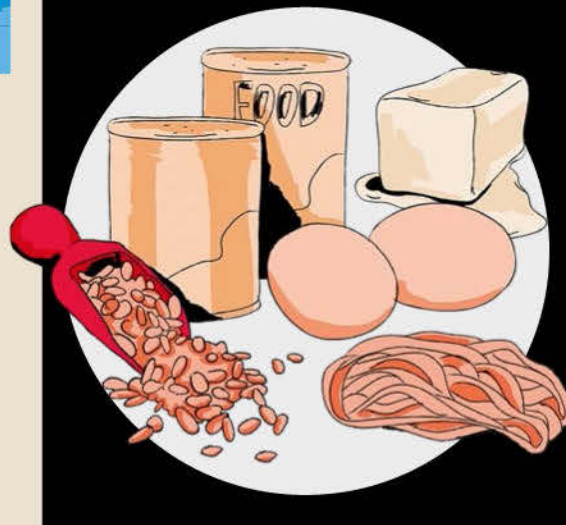
Eggs – You may have mastered frying them, but you can enjoy eggs in so many ways: whipped into soup, packed in a sandwich, on top of a salad, baked in an avocado, beaten into piping hot rice. Let your imagination run wild!

Canned goods – Stick luncheon meat into a vegetable pita wrap, flake tuna into lightly oiled pasta, or go old-school and eat Vienna sausages straight from the can.

Pasta – You can pasta-fy any dish, depending on how adventurous your palate is. Toss sautéed canned tuna in pasta, then drizzle with a little olive oil for a light and easy-to-prepare dish. Too sedate? How about pasta negra with canned squid?

Butter – Butter works in almost all situations. In sauces, as an oil substitute, as a spread, as lubricant for your bike chain...okay, maybe not that last one.

Rice – No Filipino home is complete without it. Boiled, steamed, fried, baked; prepared in a rice cooker, in a microwave, as champorado, with broth, added to bulk-up instant ramen ... Rice is the best.



The natural sugars found in the agave plant—the same plant tequila is made from—are non-digestible, act as dietary fiber, and do not raise blood glucose levels. Agave sweetener may offer a healthy solution, according to American Chemical Society, for diabetics who possess a sweet tooth. Still, this shouldn't be misconstrued as a green light to start downing *añejos* and *reposados* without abandon.

Make the Lard Your Savior

Most active guys view a well-timed dose of carbs as premium-grade fuel. But Jeff Volek, Ph.D., R.D., a professor of exercise and nutrition at Ohio State, has been studying a new breed of athlete: men who have abandoned the high-octane stuff in favor of a moderate-protein, high-fat diet that's very low in carbohydrates. He found that men who take in

only about 11 percent of their calories from carbs burn more than twice as much body fat during exercise as their high-carb counterparts do. "Reducing your carbs may enhance your body's ability to burn fat for fuel instead of glycogen, a byproduct of carbohydrates stored in your liver and muscles," he says.

Expert Advice from **Jeff Volek, Ph.D., R.D.**

1

Don't Be Afraid to Eat the Skin

"If you're following a low-carb diet, you need to overcome your fear of fat; it's a critical source of fuel. It's also important for satiety. Stuff like chicken skin, marbled meat, and butter and cream bring pleasure to eating. Plus, dietary saturated fat is used as fuel, not stored, so it doesn't accumulate in blood or tissues."

3

Schedule Your Sweat Days

"I used to be a competitive powerlifter. Now, with three kids and a busy job, hitting the gym three times a week isn't so easy anymore. So I schedule workouts in my iCalendar, which I share with my wife. I lift heavy weights for about 30 minutes. Sometimes I cycle for 30 to 45 minutes to build endurance."

2

Master a Go-To Low-Carb Meal

"Mine is a crustless quiche. I use 1 cup of mushrooms, half an onion, 2 pounds sausage, ½ cup cream, and 2 cups shredded cheddar. Sauté the 'shrooms and onions and brown the meat. Now beat 13 eggs and add the cream, cheese, and sautéed stuff. Pour it all into a greased dish; cook 30 minutes at 375°F."

4

Fight Soreness with Omega-3s

"I take 1 gram of fish oil every day as a source of EPA and DHA. Research shows it may improve heart health, ease inflammation, and relieve delayed-onset muscle soreness after exercise. I also supplement with 1.5 grams of glucosamine and 1.2 grams of chondroitin daily to help soothe achy joints."



Give Tequila Another Shot

BY JOHN MCCARTHY

5 new ways to appreciate this spicy Mexican spirit

1 / Blend It with Grapefruit

Margaritas are fantastic, but in Mexico the paloma reigns supreme. Go with a tequila labeled "100% agave," and get ready to enjoy a refreshing tequila mix like no other.

2 / Drink It with Sushi

Instead of *sake*, opt for *blanco* (white, unaged) tequila, served neat. "It pairs beautifully with fatty fish like tuna and salmon," says Ken Arnone, a certified master chef and the owner of KA-CMC, a culinary consulting company.

3 / Make a Boozy Syrup

Mix 1 cup sugar, ¼ cup triple sec, and ½ cup each of water and tequila. Bring to a boil, stir for a minute, and let cool. Drizzle it over berries for an awesome dessert, says Aaron Sánchez, co-owner of Johnny Sánchez in New Orleans.

4 / Swap It In for Whiskey

The barrel flavors in *añejo*—tequila aged for one to three years—make it "wonderful neat or with ice," says Mike Morales, CEO of Tequila Aficionado Media. Better yet, use it to replace rye or bourbon in your next Manhattan or old-fashioned.

5 / Brew a Fiery Infusion

Combine a fifth of *blanco* with the pith and seeds of three or four medium jalapeños; wait 10 to 20 minutes. Taste for heat, strain the liquor back into the bottle, and use it to spice cocktails, says Philip Ward of Mayahuel in Manhattan. ■

THE FITTEST CITIES IN METRO MANILA

BY
MINA DEOCAREZA, MA. GLAIZA LEE,
AND MAAN D'ASIS PAMARAN

ADDITIONAL REPORTING BY
GABRIEL A. PANGALANGAN, ENRICO
MIGUEL T. SUBIDO, AND WAYNE
JOSEPH TULIO

PHOTOGRAPHS BY MIGS CASTRO AND GELOY CONCEPCION

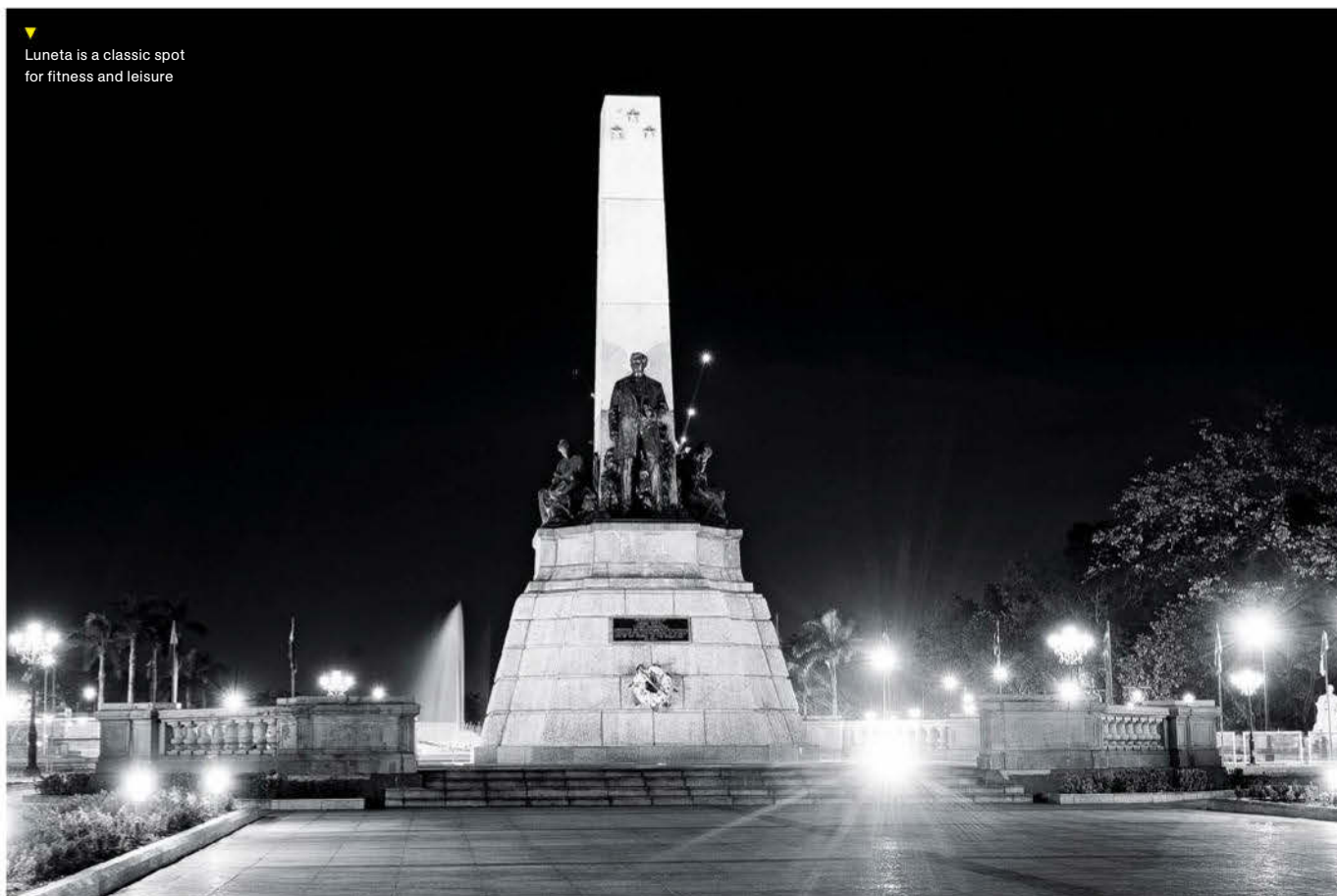
ILLUSTRATION BY JEREMIAH IDANAN MH / P.52





It's easy to focus on the negatives when evaluating life in Metro Manila: the traffic, the flash floods, the garbage problem, and the equally dirty political scene, just to name a few. Left underappreciated is the gradually improving fitness landscape being cultivated in these major cities. To pinpoint the fittest neighborhoods for guys and their families, *Men's Health* weighs in on the fitness initiatives these select local governments have instituted in recent years. We used metrics relevant to quality of life and overall health to determine which cities have made great strides in promoting a life of *#YouImproved* among its residents and visitors up to this point—from the number of fitness facilities and programs established by each LGU and its private partners, to its residents' access to quality health care and fresh food, to the prevalence of malnutrition and crime (because dangerous streets aren't really conducive for exercise). Find out how your city is making healthy living easy for you with this special report...

▼
Luneta is a classic spot
for fitness and leisure



MANILA

What Manila is doing right:
Strengthening citywide
security



FITNESS GRADE:	B
NUTRITION GRADE:	B-
HEALTHCARE GRADE:	B
SAFETY GRADE:	C

The country's oldest city has an image problem. No, we're not talking about the *Pambansang* Photobomber issue. It's a little more complex than that.

It lies in encouraging those who live or work in the world's most densely populous city to be fitter, considering the presence of well-known open spaces like Luneta National Park and Quirino Grandstand. These spots, however, have been overlooked as fitness hubs due to a reportedly high incidence of crime—a huge turnoff for any exercise enthusiast.

A review of studies by the Harvard School of Public Health on environmental barriers to physical activity discovered that if people believe their neighborhoods are unsafe, adults would be wary about walking or participating in outdoor exercise. On the other hand, those who live in areas where people trust each other tend to have higher levels of physical activity.

Fortunately, the city government has taken



▲
Rowing enthusiasts
flock to Manila Bay

progressive steps for a better citywide approach to health and wellness. First on their 10-point agenda: peace and order, naturally. Both Luneta and Paco parks have since taken on a new identity, as the city's administration has intensified the levels of security for all who visit. In his recent State of the City Address, Mayor Joseph Estrada said: "We made 1,590 arrests of those involved in illegal drugs, with more than P180 million worth of illegal drugs confiscated." A partnership with the Filipino-Chinese community has also equipped police officers with new patrol units and computerized equipment. The truck and bus bans, meanwhile, have helped ease traffic, making the streets safer—an encouraging development for Manila's fitness enthusiasts.

What's more, there's a city government directive to upgrade local sports facilities—proof of the administration's commitment to establish a culture of fitness. "We encourage Manileños to get into a healthy lifestyle by improving our sports complexes, where residents can use the facilities for free," states basketball legend Philip Cezar, who heads the Manila Sports Council. He adds that the Council itself has created sports projects with the intention of instilling discipline and fitness among the city's youth: "[Our programs] give them the opportunity to experience and enjoy sports during their school breaks, to keep them away from vices." Slowly but surely, Manila is shedding its notorious image to become a picture of good health. —MDP

QUEZON CITY

What QC is doing right:
Developing open spaces fit for exercise



FITNESS GRADE:	A-
NUTRITION GRADE:	B
HEALTHCARE GRADE:	B
SAFETY GRADE:	B-

In sports, the gym, and life in general, size isn't everything. What really matters is how you make the most of the size you have. Such is the case for Metro Manila's largest city.

Spanning 161.126 square kilometers, Quezon City is nearly six times the size of Makati and 14 times bigger than Mandaluyong. It's also home to well over 3 million people. But it's a city that capitalizes on its strength to make its dwellers stronger.

"Maraming open spaces *dito na pwedeng gamitin pang-workout*. At every subdivision *dito* is required to allocate an open space for recreational purposes," shares Romeo Taguba, Engineer 2 at QC City Hall's Parks Development and Administration Department. True enough, there are about 556 open spaces, parks, or playgrounds within the city, according to the official QC Annual Report 2013-2014. This matters because living in areas near parks and green spaces boosts not only your physical but also your mental well-being, a study published in the journal *Environment Science*

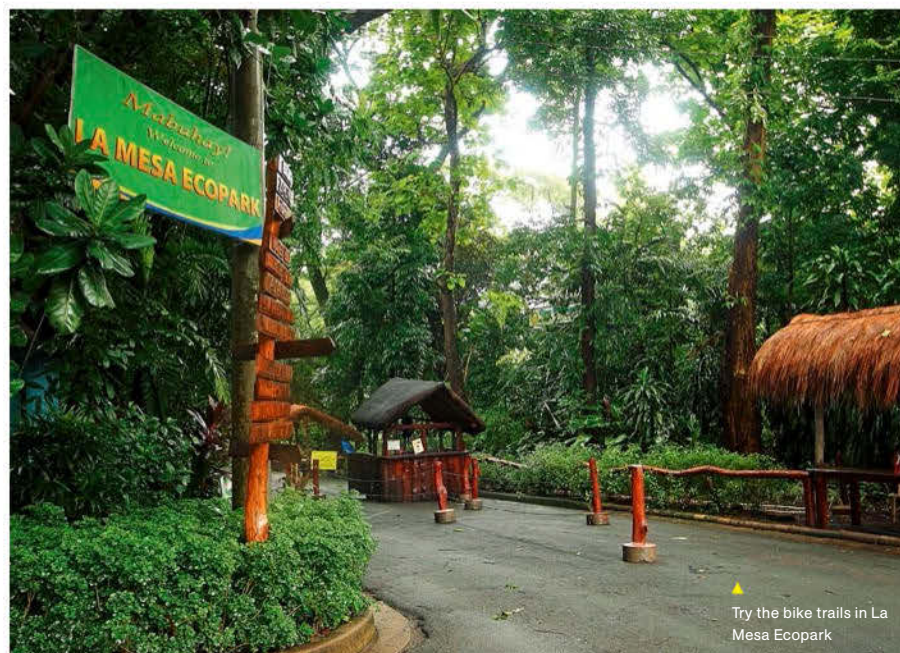


& Technology found. Researchers also discovered the effect can be sustained for at least three years after moving in.

Another huge factor in QC's claim to fitness are the 90 colleges and universities that call it home. "You'd never run out of places to exercise in QC. *Sa UP and Ateneo campuses pa lang, okay ka na*," says Toffy Ilagan, co-owner of Fight Factory Manila in Teachers Village. A unique facet of exercising in campuses is the fresh air, ample space, and light traffic (during weekends, at least). UP Diliman even closes off its academic oval to cars on Sundays, allowing athletes and families alike to safely run, bike, skate, and play within the university.

The fact that QC has a huge consumer population also makes it a certified fitness hotbed. Gyms are popping up left and right, providing fitness fanatics with plenty of facilities to exercise. New restos (healthy and otherwise) are likewise sprouting everywhere due to the dense population (there's a total of 2,311 eating establishments in the city).

From running trails in La Mesa Eco Park to MMA gyms in Cubao and everything in between, QC is sure to have a fitness facility for every kind of athlete. If you want to try them all, then you better get started ASAP; there's plenty of ground to be covered. —GP



PASIG CITY

What Pasig is doing right:
Embracing businesses that champion nutrition and great training



FITNESS GRADE:	A-
NUTRITION GRADE:	B+
HEALTHCARE GRADE:	B+
SAFETY GRADE:	B

The best-kept fitness secret of Pasig City is no secret at all: "Go to Ultra—it's still one of the most frequented training grounds for local athletes," says technical field officer Emmanuel A. Ong Jr., a proud Pasigueño. Home to many of our national athletes, it's the top-of-mind option for fitness enthusiasts who reside or work around the area because of facilities like a track oval and swimming pool. Still, other fitness choices are available.

If you want to enjoy a natural setting while running or biking, head to Rainforest Adventure Experience Park in Barangay Maybunga. Also known as Pasig Central Park, this recreational area has a swimming pool, basketball and tennis courts, and a fitness gym. Gyms abound as well—from big chains like Gold's Gym, 360 Fitness Club, and Anytime Fitness, to hole-in-the-wall neighborhood ventures.

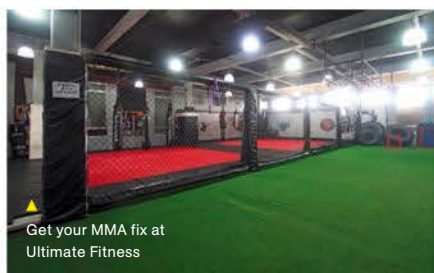
You can likewise call Pasig a wellness superpower in the metropolis, thanks to another well-known landmark: the Mutya ng Pasig Public Market, a massive three-story building that spans 19,470 square meters. It's arguably the largest public market in the country, and you'll never run out of options for fresh produce and meats here.



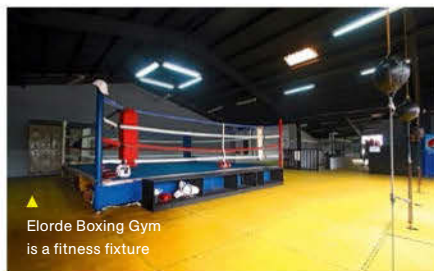
This is important because access to fresh food makes a nutritious diet and a fit body much more attainable. A new report, released by NGOs PolicyLink and The Food Trust, entitled “Access to Healthy Food and Why It Matters,” confirms just that: “Without fresh food retailers, communities are also missing the commercial vitality that makes neighborhoods livable and helps local economies thrive.” In Pasig Palengke, fresh food retailers max out at more than 5,400 stalls on weekends. How’s that for choices?

Plus, the city is an emerging dining hub. Frontera Verde, located between Ortigas Avenue and E. Rodriguez Jr. Avenue, has restaurants, and even a mini-park and zoo where people can relax and bond with friends and family. Meanwhile, the nearby Tiendesitas and El Pueblo complexes feature concept cafes and dining places serving sumptuous meals.

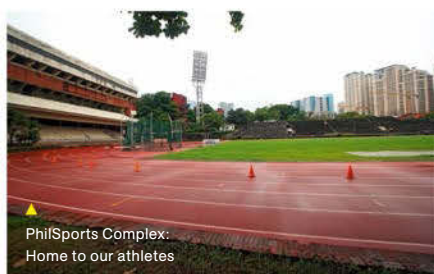
“Most people here prefer eating in restaurants serving home-cooked meals instead of fast food. Kapitolyo and Capitol Commons have exciting dining establishments to choose from. Also, our city promotes an active lifestyle, holding annual bike parades,” shares travel editor Rainne Lorenzo, who proudly calls Pasig home. —MGL



Get your MMA fix at Ultimate Fitness



Elorde Boxing Gym is a fitness fixture



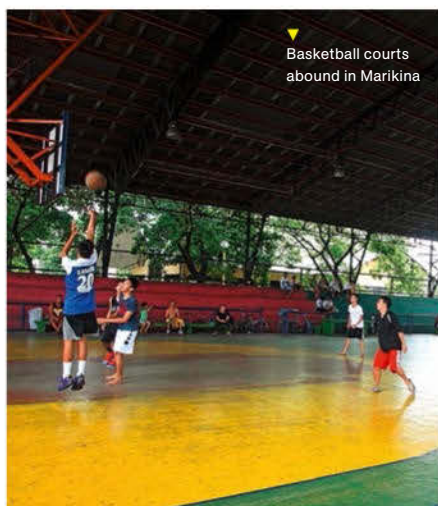
PhilSports Complex: Home to our athletes

MARIKINA CITY



What Marikina is doing right:
Fostering bicycle-friendliness

FITNESS GRADE:	A-
NUTRITION GRADE:	B+
HEALTHCARE GRADE:	B
SAFETY GRADE:	A-



Basketball courts abound in Marikina

Marikina City knows two things well: shoes and sports. You already know it’s the “Shoe Capital of the Philippines,” but it has also staked its claim as the country’s “Biking Capital.”

Marikina prides itself in being the city with the largest network of functioning bike lanes—around 73 kilometers of interconnected bikeways. Aside from being an avenue for developing excellent cardio, a mass culture of biking reduces a city’s carbon footprint, states a study in the journal *Environmental Health Perspectives*. This means less auto emissions, cleaner air, and a healthier space for residents and guests.

But Marikina is raring to be more than just shoes and bikes. The Riverbanks Center offers plenty of opportunities for working out as well. There are also 29 public fitness facilities or gyms that allow you to enjoy all kinds of sports for a minimal price. For example, the Marikina Sports Center has a football field, an asphalt track oval, an Olympic-size swimming pool, and other facilities for badminton, martial arts, and various sports. For an entrance fee of P10 and affordable hourly rates for other facilities, fitness isn’t a luxury only a few can afford. Places like Yaw-Yan Buhawi, SkyHigh Fitness, and Maic’s Gym are also must-visits if you want to train in a more private setting.

The low crime rate affords those who work out in Marikina with peace of mind, too. What’s more reassuring is the city’s crime solution rate. Vice Mayor Fabian Cadiz told *Philstar.com* last year that from May to July of 2014, Marikina’s monthly crime solution rate was at 58, 70, and 84 percent, respectively. In 2013,

HEALTHY EATS

MH-approved spots for eating clean and healthy around the metro, as recommended by *Yummy Philippines’* Regine Rafael and *Spot.ph*

QUEZON CITY

Runner’s Kitchen

G/F Creekside Square Building, 74 Tomas Morato Avenue

Made by runners for runners, this resto fuels your gains with the right food.

Must-try: Wild Boar Sausage with Couscous

Hillside Café and Juice Bar

57 Mo. Ignacia Avenue, Diliman

A good break from your coffee and milk-tea shops, it offers great-tasting power smoothies, pressed juices, and grilled dishes.

Must-try: Pan-Seared Grass-Fed Hanging Tender Steak

PASIG

Rawlicious

57 East Capitol Drive, Kapitolyo

Fruits you love and some you’ve never heard of make their way into unique juice blends, served cold and extra-healthy.

Must-try: Minty Green Xavier

Go Salads

G/F Lasapin Food Court, Strata 2000 Building, Garnet Street, Ortigas

This is your go-to if you need affordable and healthy shakes, salads, and sandwiches on-the-go.

Must-try: Sgt. Steak Salad

MARIKINA

Good Burgers

59 Lilac Street,

Concepcion II Grab your post-workout meal here in the form of a chicken- or veggie-patty burger.

Must-try: Persian Burger

Dampa sa Riverbanks

Riverbanks

Access Road

Enjoy fresh seafood with a view of the river to boot.

Must-try: Baked Talaba

MANILA

Veggie to Go

5/F 168 Shopping Mall, Binondo

It’s tough to beat the affordability of the dishes offered by this humble yet healthy eatery.

Must-try: Veggie Beef Mami

Bodhi Vegetarian Health Food

Food Court, LG/F SM City Manila, Ermita

Get your veggies with two viands for a filling but guilt-free meal.

Must-try: Fresh Lumpia



Swim better at Marikina Sports Center

the national average of crime solution efficiency was at 26.28 percent, according to the Philippine Statistics Authority. You can add discipline to the list of things Marikēños know well. And when it comes to leading a healthy lifestyle, discipline is key. —MD



Maic's Gym is home to many fit Marikēños

MANDALUYONG CITY

What Mandaluyong is doing right: Creating unique fitness opportunities



FITNESS GRADE:	B
NUTRITION GRADE:	B+
HEALTHCARE GRADE:	B
SAFETY GRADE:	B+

Though it's the second smallest city by land area in this lineup, Mandaluyong is no pushover in the fittest cities conversation. You can even argue that it's one of the emerging stars in this group, thanks to some pathways to getting fit that you will only find here.

The National Center for Mental Health comes to mind (no pun intended). Located in the Welfareville Compound, it's the country's foremost facility for providing medical attention to psychologically incapacitated individuals. One lesser-known fact about it: It's a Mandaleño's haven for running, biking, jogging, walking, and even playing basketball because it rents out its court to the public.

Granted, exercising in a mental health institution is a little unusual. But what works here is that the place is very safe and serene. Plus, the compound operates under strict hours, and the guards will not let you pass if you're wearing improper workout attire. Safety is the least of your concerns in this fitness hub.

You can also head to the Amado T. Reyes Park within the city hall complex for your workout fix. "Our city government promotes living a healthy lifestyle. Every now and then, they hold free Zumba sessions, and running



Elite training at 360Pro

MAKATI

Corner Tree Cafe

150 Jupiter corner Saturn Street, Bel-Air
Meat-eaters won't feel like their meal is lacking, thanks to intense flavors in every tasty dish from one of the pioneer vegetarian spots in the metro.

Must-try: Vegetarian Kare-Kare

Beni's Falafel

4364 Valdez Street, Poblacion
Fast food that's healthy, guilt-free, and seriously delicious.

Must-try: Beni's Pita Falafel

PASAY

Tossed

2/F Main Mall, SM Mall of Asia Complex
Have your pick of greens, with flavors from around the globe, served to you as a wrap, salad, or without meat.

Must-try: Japan Mix

TAGUIG

Susi

Bellagio 2, Forbostown, Burgos Circle, Bonifacio Global City
The only restaurant in the metro that is strictly vegetarian and vegan (meaning absolutely no meat, dairy, or eggs).

Must-try: The Emerson

SaladStop!

Bonifacio High Street Central, Bonifacio Global City
Always worth a visit for delicious, hefty salads and wraps.

Must-try: Tuna San Salad

MANDALUYONG

Juju Eats

G/F The Podium, ADB Avenue, Ortigas
This homegrown salad and detox juice company definitely paves the way for a wonderful balance of healthy, delicious eating.

Must-try: Thai Beef Salad

PARAÑAQUE

The Urban Farm

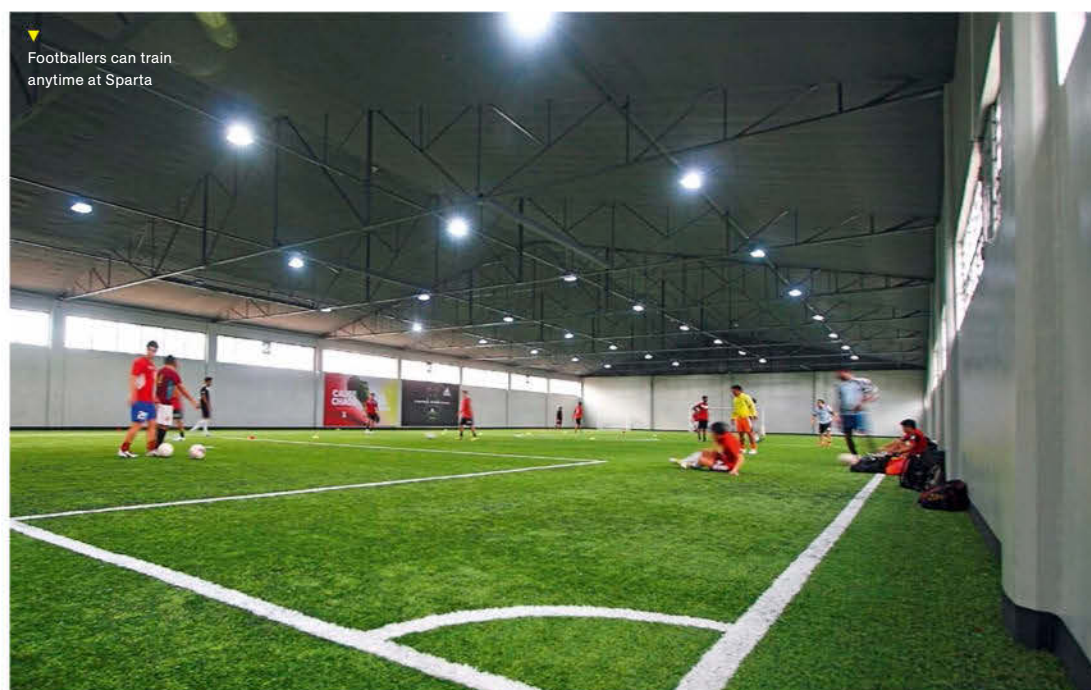
4 Presidents Avenue corner Adelfa Street, BF Parañaque
This organic restaurant turns out dishes made with wholesome, organic ingredients that have you feeling satiated and satisfied.

Must-try: Beef Steak and Frites

According to the 2014 Operation Timbang Plus project of the National Nutrition Council-National Capital Region, the five cities in the metro with the lowest incidence of malnutrition among children under six years old in 2014 are:

- **MAKATI (0.64)**
- **TAGUIG (0.88)**
- **MANDALUYONG (1.09)**
- **MARIKINA (1.32)**
- **VALENZUELA (1.8)**

■ **TAGUIG WON THE GREEN BANNER AWARD FOR ACHIEVING BEST IMPROVEMENT IN THE PAST YEAR**



▼ Footballers can train anytime at Sparta

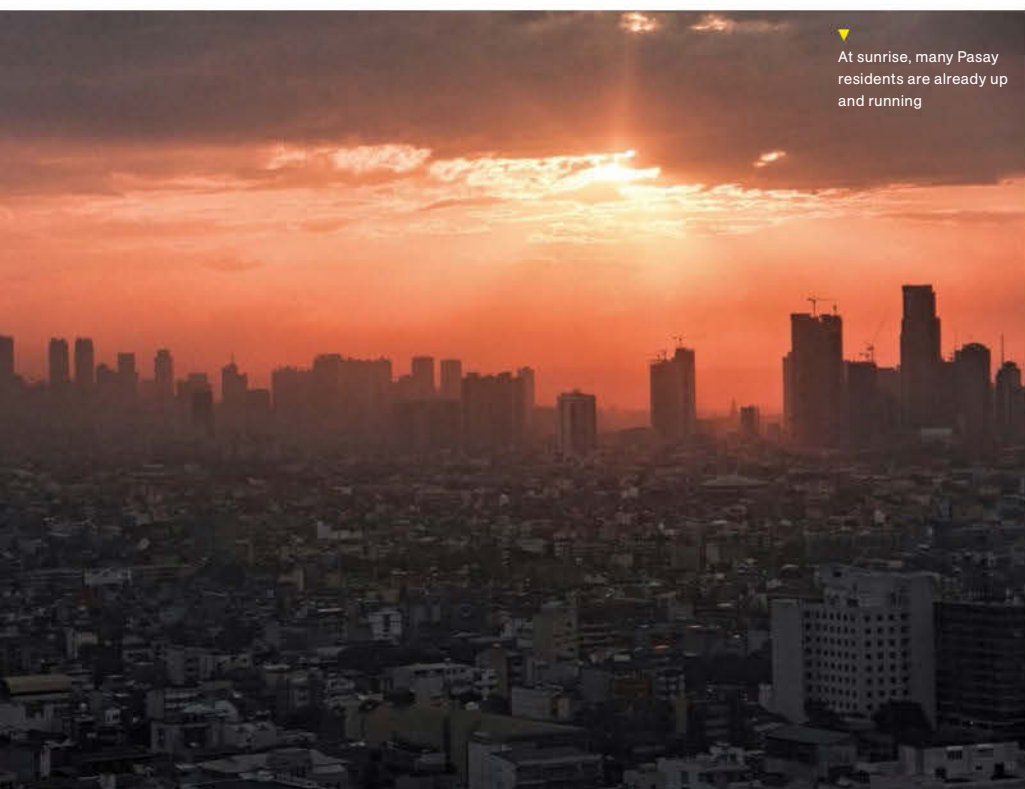
and biking events. They also promote walking to keep us healthy and fit,” lists Apple Hung, a Mandaluyong resident.

Even the more conventional fitness enthusiasts will find Mandaluyong’s gyms more exciting than usual—with Eclipse Gym 24/7, Athlete’s Lab, Gold’s Gym Athletics, and the Sparta complex that houses 360 Pro, to name a few. Aside from offering standard

weight-training programs, these facilities are specifically equipped for elite performance.

What else makes this Tiger City in great shape is its prime location. With other metro fitness hubs like PhilSports Complex in Pasig and Bonifacio Global City in Taguig just minutes away, Mandaleños are spoiled for choices. Easy access to the metro’s main thoroughfares such as EDSA, C5, and Shaw

Boulevard makes it easy for residents to explore other cities and broaden their range of experience. According to Onuora Awunor, M.D., a medical physicist at South Tees Hospitals NHS Foundation Trust in the UK, experience is healthy and integral in mental and physical development because it gives you awareness and clarifies your direction. Clearly, you can consider Mandaluyong physically and mentally fit. –MGL



▼ At sunrise, many Pasay residents are already up and running

PASAY CITY

What Pasay is doing right:
Promoting synergy of commerce and wellness



FITNESS GRADE:	B+
NUTRITION GRADE:	B
HEALTHCARE GRADE:	B-
SAFETY GRADE:	C+

In the near future, you will find yourself braving bad traffic regularly because you badly want to be in Pasay City. Not just to enjoy in lifestyle and entertainment spots like SM Mall of Asia and the Resorts World complex, mind you.

“It’s actually easy to be fit in our city, because we have a lot of open spaces like the SM By the Bay area and the CCP complex,” remarks city councilor Grace Santos. Just think about how

several marathons and running events take place at the Mall of Asia grounds almost monthly. That's how significant Pasay is in the greater scheme of fitness in the metro.

"These locations also help promote family bonding through the various fitness and lifestyle activities that can take place in them," Santos continues.

Another clear fitness advantage for Pasay is the walkability of commercial districts like MOA and Resorts World. A 2013 study conducted by Active Living Research indicated that since at least half of daily trips are made for shopping and running errands, encouraging walking is an important strategy in reducing obesity and improving overall health. Walkable commercial districts, the study noted, "are a key component of communities that promote active living."

Such places offer a variety of healthy eating establishments, too. James Torres, chef and part owner of organic restaurant Potts Point Cafe in the Mall of Asia complex, notices that the number of gyms, and all the wide spaces for both running and biking, naturally draw in the health-conscious. "There are many who actually seek places like ours that offer food made with local ingredients that create less of a carbon footprint," he points out.

With newer developments arising every year, Pasay is on the up and up of both industrialization and commercialization. And though developing these sectors remains vital in the continuing growth of the city, it's exciting to know that Pasay also puts a high premium on fitness and wellness. —MDP



The CCP Complex is also home to Pasay and Manila's runners



Triathletes like Kim Atienza train in the SM By the Bay area

MAKATI CITY

What Makati is doing right: Investing its wealth on health

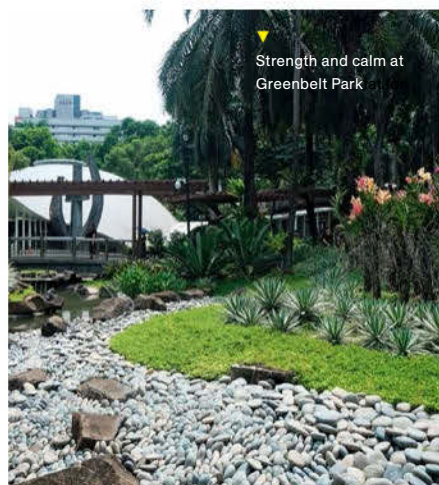


FITNESS GRADE:	A-
NUTRITION GRADE:	B+
HEALTHCARE GRADE:	B+
SAFETY GRADE:	B-

The city government of Makati, the country's economic heart, estimates there are more than 3.7 million people in the city on any typical workday. With just 27.36 square kilometers of land area, it's the most densely populated city in the world by daytime calculations. The surprising thing is, about 90 percent of the total



Running is safe in private parks like Salcedo



Strength and calm at Greenbelt Park



Treat yourself post-workout in Greenbelt



Makati's parks make for excellent meditation spots

sidewalks (301.399 kilometers in total) in Makati are in good condition for walking, running, and biking. Translation: This is one of the most walkable, exercise-friendly cities in the metropolis despite its busyness.

"There are pedestrian spaces for joggers and runners. Ayala Triangle is a great spot for exercise—open air and teeming with foliage. Roads are wide enough to be shared by cyclists and cars alike," confirms Dandi Galvez, a marketing communications manager who works in Makati. Another favorite fitness hub is the Greenbelt Park, designed to complement the surrounding Ayala malls. Both parks are safe for runners because several guards patrol the area.

Popular fitness chains and other lesser-known gyms are scattered around the city, too. But what really makes Makati a fitness champ is its pioneering success in prioritizing healthcare—to residents and guests alike. The Makati Health Plus Program gives residents color-coded cards that entitle them to discounts on hospital and consultation fees. "With this card, we keep sickness and diseases at bay," says Mey Meneses, a long-time resident of Comembo, Makati.

For non-residents, Makati offers the largest number of healthcare facilities in the metropolis—more than 216 establishments, including two public hospitals: Ospital ng Makati Acute Care Center on Malugay Street, and Ospital ng Makati in Pembo. This bodes well for the millions who flock to Makati because as the World Health Organization points out, "Improved access to primary care physicians and their gatekeeping function have added benefits such as less hospitalization, less utilization of specialist and emergency centers, and less chance of being subjected to inappropriate health interventions." A large number of healthcare facilities also leads to greater satisfaction to people in that area, the WHO adds.

And another thing Makati has pioneered: organic markets like Legaspi Park or Salcedo Park on weekends. These green spots, which nearby residents use for exercise and leisure, are transformed into places to buy fresh and organic food, delicacies, and other local and international goods—all the right rewards for any man working hard to stay fit. —MGL

FIT, SAFE, AND SOUND

Ranking the cities where you can train your body without sacrificing your peace of mind

MANILA

Manila's **7,823** case count in 2014 as reported by the Manila Police District—compared to **6,561** two years ago—is alarming for a city of its size. Consider this: Manila logged more crime reports than the entire Eastern Police District combined.

MAKATI, TAGUIG, PARANAQUE, PASAY

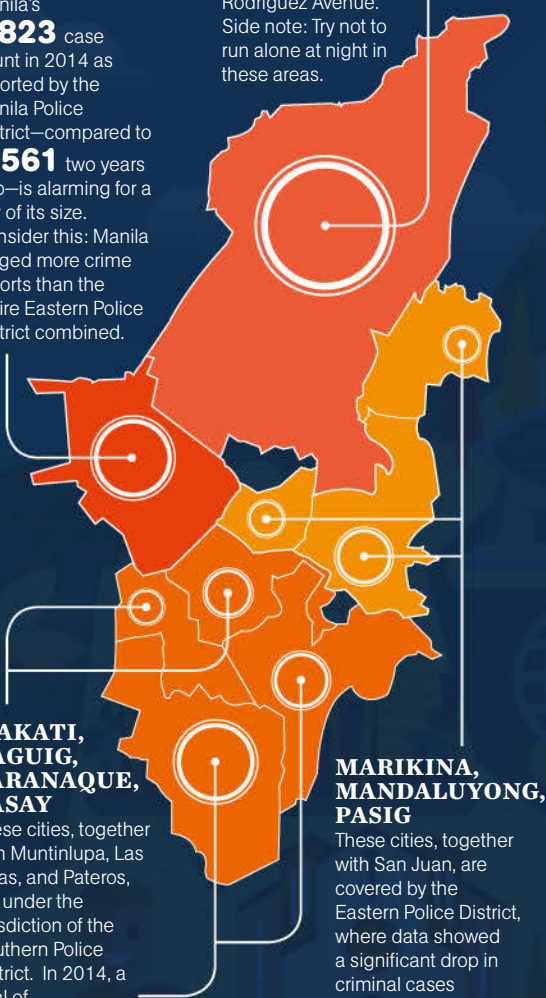
These cities, together with Muntinlupa, Las Piñas, and Pateros, are under the jurisdiction of the Southern Police District. In 2014, a total of **21,399** crimes were reported in these areas (per city data were not disclosed), a slight increase from the 2013 record of **21,249**.

QUEZON CITY

The Quezon City Police District had the highest jump in cases, from **9,066** in 2013 to **15,659** in 2014. Still, for a city this big and with "Oplan Lambert"—more checkpoints, more mobile and on-foot patrols, more CCTVs—in effect, police visibility is higher now, especially in hotspots like EDSA corner Aurora Boulevard and E. Rodriguez Avenue. Side note: Try not to run alone at night in these areas.

Legend:

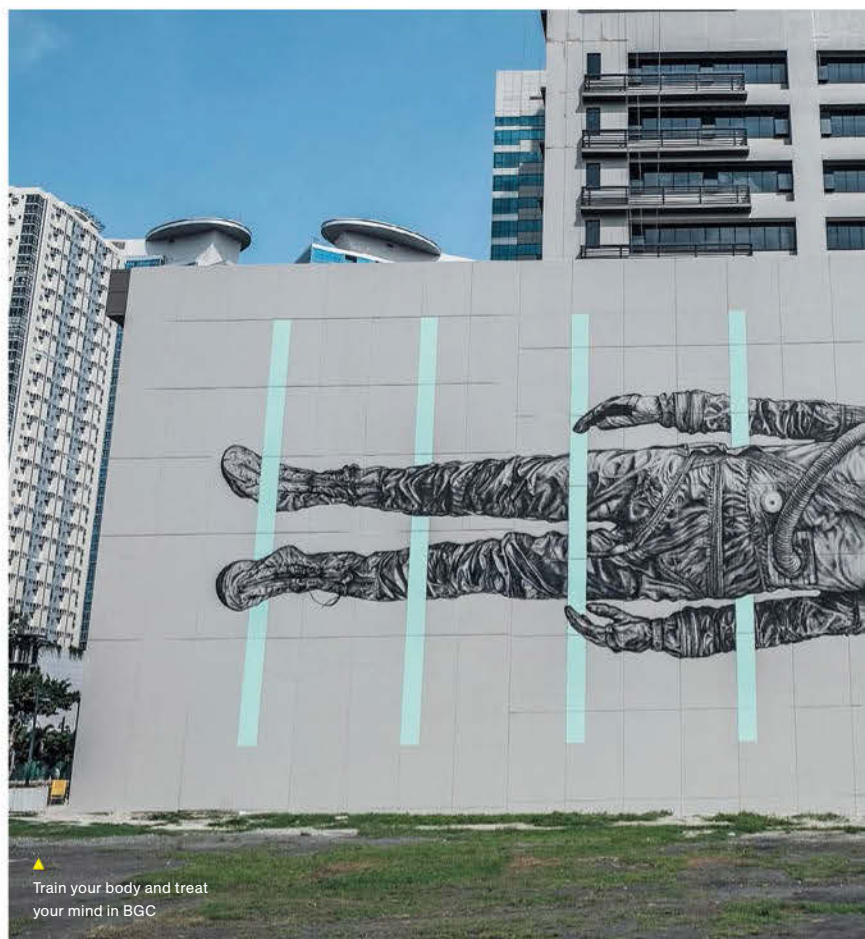
The darker the color, the higher the crime rate



MARIKINA, MANDALUYONG, PASIG

These cities, together with San Juan, are covered by the Eastern Police District, where data showed a significant drop in criminal cases reported from **11,191** in 2013 to **7,714** in 2014.

Source: The Philippine National Police's Directorate for Investigation and Detective Management report comparing crime volume from January to May 2014 with the same period in 2013.



TAGUIG CITY

What Taguig is doing right: Establishing a fitness and nutrition culture

FITNESS GRADE:	A-
NUTRITION GRADE:	A-
HEALTHCARE GRADE:	B+
SAFETY GRADE:	B-



You can sum up in three letters why Taguig City is the brightest star of the fitropolis: B-G-C. The fast development of Bonifacio Global City and the equally developing FTI compound only serve proof that Taguig is an impressive model for progress that combines commerce and wellness.

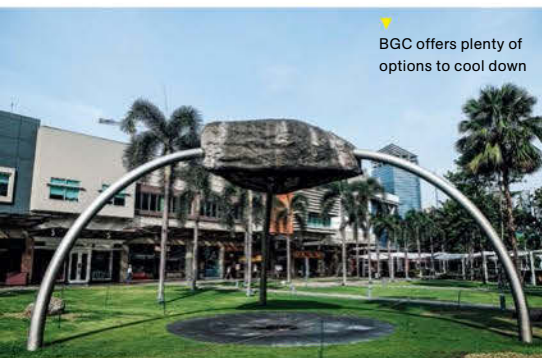
BGC, in particular, continues to attract those who are discerning about their training and nutrition. This phenomenon is not lost on social entrepreneur Chit Juan of EchoCafe and Echostore. "BGC offers wide-open spaces for runners and bikers," she says, adding that such individuals consider training hard and eating clean their top priorities. Many proprietors of healthy eating establishments in the area have decided to set up shop there because of that culture of fitness and exercise among BGC regulars.

This prevalent fitness culture makes BGC—and Taguig, in general—an ideal place to get fit. After all, the wide, clean, and well-lit spaces make for perfect outdoor exercise spots. This is important because the environment can influence how much a community exercises, according to a study by the US Department of Community Health and Prevention Research Center. "Neighborhood characteristics—including the presence of sidewalks, enjoyable scenery, and hills—were positively associated with physical activity. Up to one-third of individuals who had used environmental supports reported an increase in physical activity," the study authors explain.



Outside of the BGC bubble, wellness programs continue at the barangay level through the local government unit's efforts—especially on the nutrition front. Taguig was recently awarded the Green Banner by the National Nutrition Council-National Capital Region for recording a 0.88-percent incidence of malnutrition in 2014 compared to the previous year's high of 1.38 percent.

Taguig is proud of its ability to address the health and nutrition needs of its residents, both within the swanky BGC and beyond it. With a healthier population, the means and facilities to stay healthy, and an ever-developing landscape that places a high premium on staying fit, Taguig dwellers can make a case for having future-proofed their fitness. —MDP



▼ BGC offers plenty of options to cool down

PARAÑAQUE CITY

What Parañaque is doing right: Preventing stress through relaxation



FITNESS GRADE:	B
NUTRITION GRADE:	B+
HEALTHCARE GRADE:	B
SAFETY GRADE:	B

The laid-back feel of southern living seems to clash with the intense requirements of an active lifestyle. But those who live in Parañaque know a unique but effective way to get fitter.

The fitness proposition of the city, though not exactly centered on literal exercise, is more of an esoteric fitness that links good health to lesser amounts of stress. “The air is really different here,” says Charis Bacolod, owner of The Urban Farms in BF Parañaque. In particular, Bacolod also notices that Parañaque dwellers are more discerning of the food they consume. “Our customers here know the benefits of eating healthy and organic, and knowing where their food is sourced from,” she explains. “We also serve cancer patients and survivors who have particular diets, and those from the younger set who are into other healthy practices such as yoga and exercise.”

You'll also find the usual gyms as well as little-known fitness gems in the area, particularly around BF Parañaque, which houses at least six training grounds. Runners will find the burgeoning lifestyle complex of Entertainment City useful and scenic, too. But what you can instantly feel soon after you work out here is the chill vibe—something that helps you achieve your fitness goals better. After all, people with chronic stress, according to a Yale study, take longer to recuperate from a high-impact exercise session.

Another fun fact: The WHO has honored Parañaque as the “Healthy City with Best Practices in Water Safety.” Taking care of a basic need such as water is strong evidence of how the city prioritizes its citizenry's health.

The city also prioritizes programs and ordinances that beef up security, and safeguard the environment and the well-being of its residents and guests. This includes the mandatory installation of CCTVs in commercial establishments in order to dissuade criminals, and allow residents and visitors to openly exercise without fear. Plus, they have a project that aims to plant 1.5 billion seedlings in 1.5 million hectares of public lands until 2016. Expect the air to become even fresher south of the metro. —MDP ■

Photograph by LEONARDO COLL

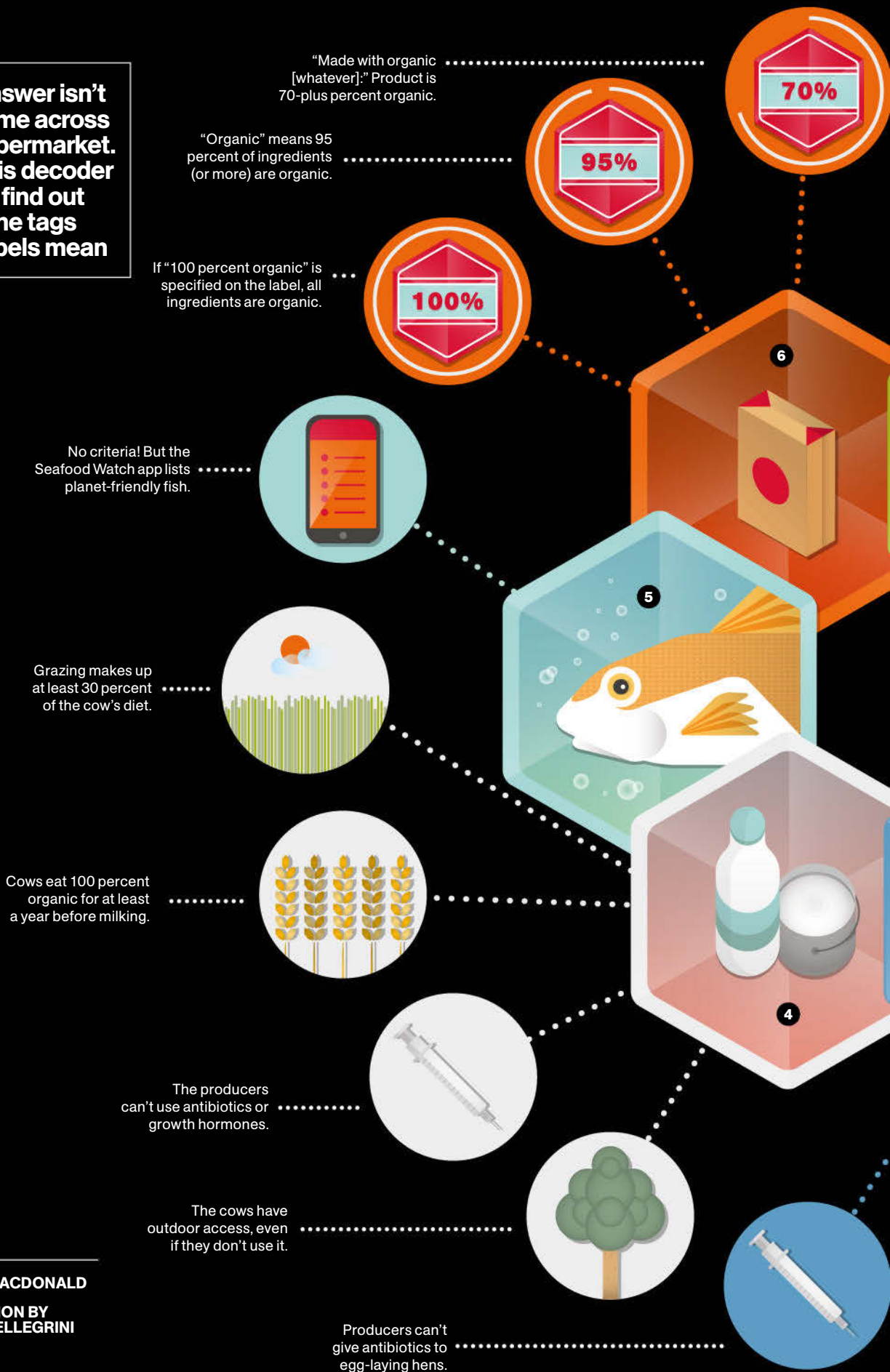


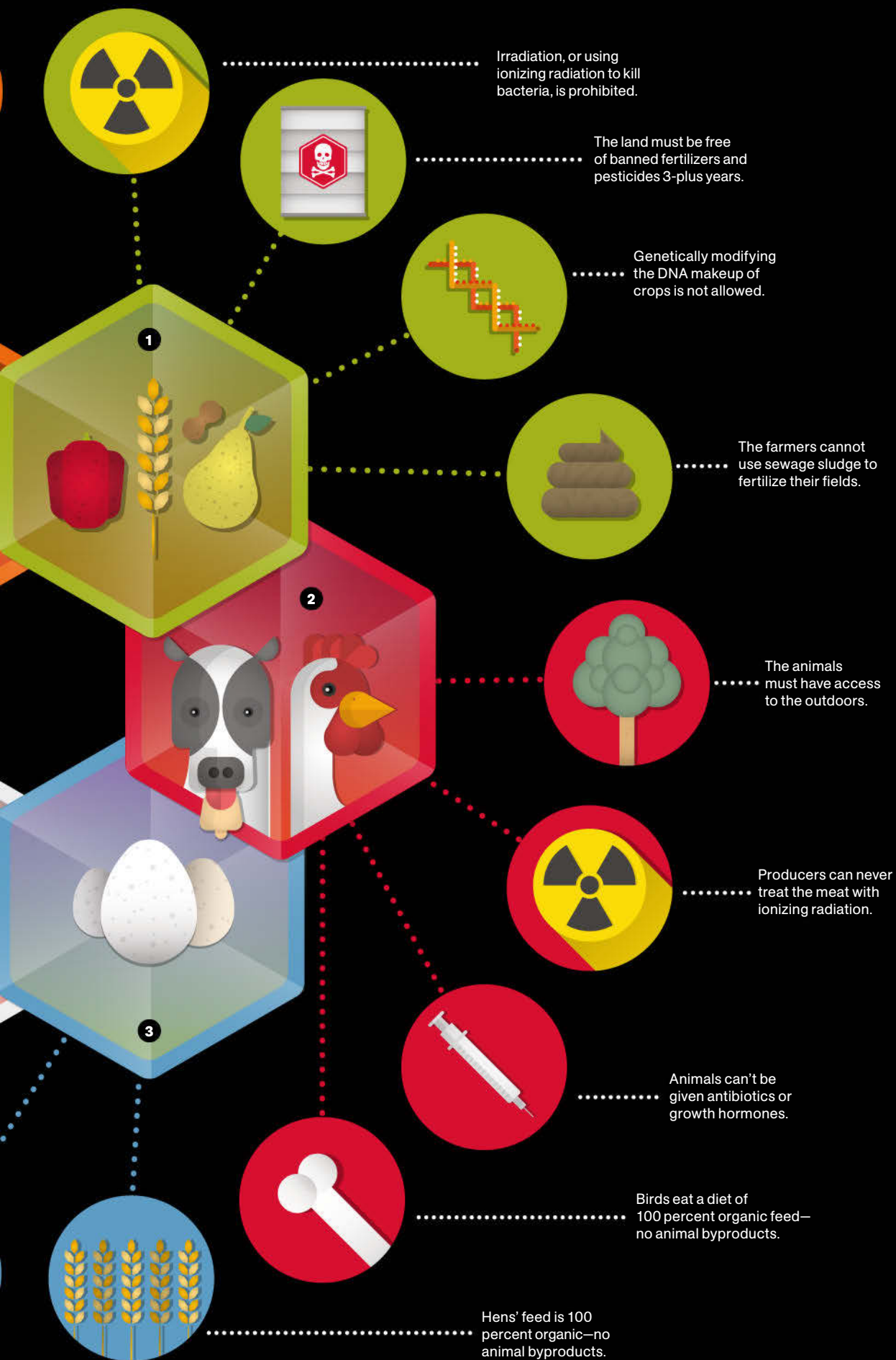
▲ Kettlebellista is one unique training ground in Parañaque

What Organic Means

The answer isn't the same across the supermarket. Use this decoder ring to find out what the tags and labels mean

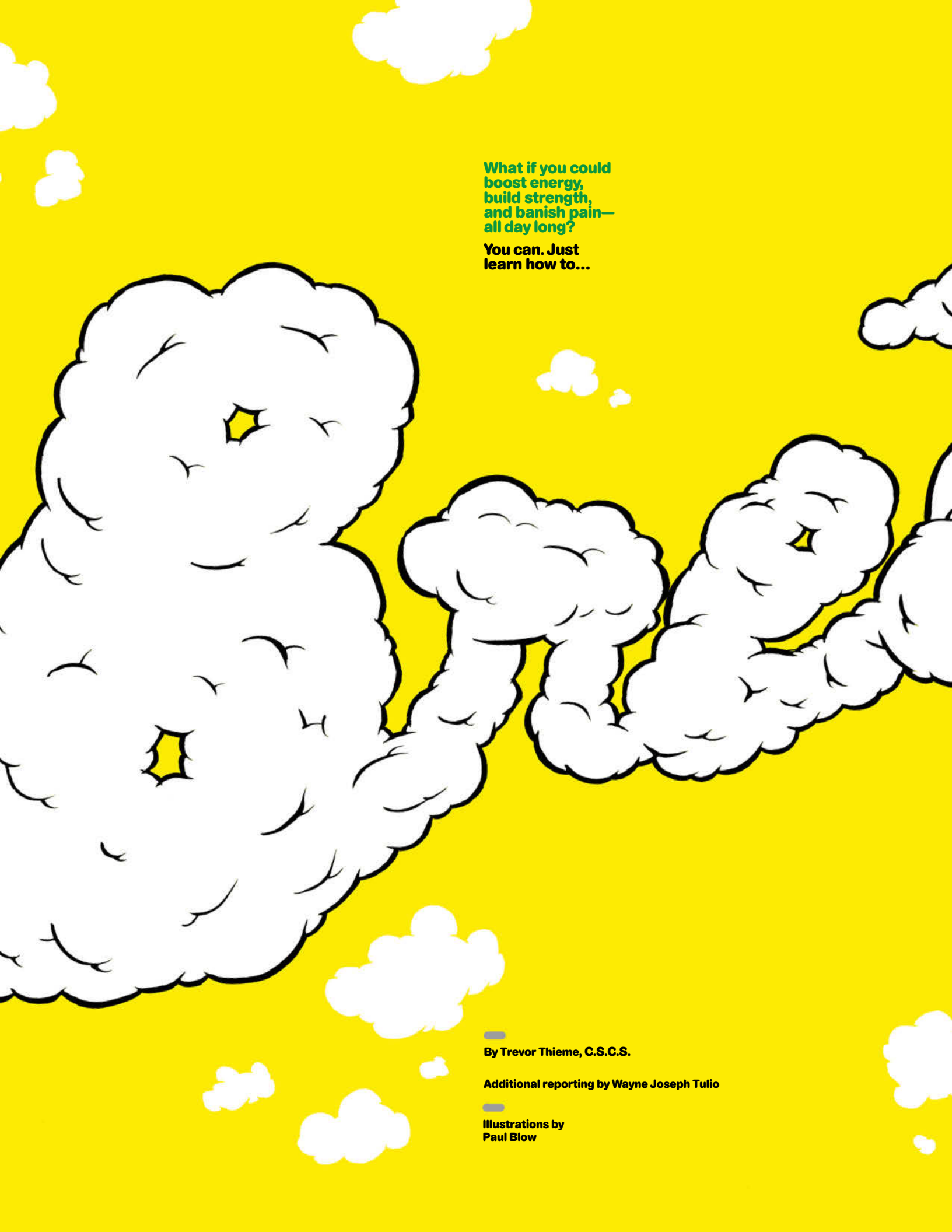
BY KATIE MACDONALD
ILLUSTRATION BY
VALERIO PELLEGRINI





CROSS-EYED IN THE PRODUCE SECTION? IT'S NOT your fault. US Department of Agriculture standards for organic labeling differ when comparing apples to, er, chicken, which can create consumer confusion, says Peter Laufer, Ph.D., the author of *Organic: A Journalist's Quest to Discover the Truth Behind Food Labeling*. This chart shows the standards that must be met within an industry to earn the seal. Understand the differences and start seeing clearly.

- 1/ ORGANIC FRUITS, NUTS, GRAINS, AND VEGETABLES
- 2/ ORGANIC MEAT AND POULTRY
- 3/ ORGANIC EGGS
- 4/ ORGANIC MILK
- 5/ SEAFOOD
- 6/ ORGANIC PACKAGED FOOD



**What if you could
boost energy,
build strength,
and banish pain—
all day long?**

**You can. Just
learn how to...**

By Trevor Thieme, C.S.C.S.

Additional reporting by Wayne Joseph Tulio

**Illustrations by
Paul Blow**





THE SEMINAR LOOKS LIKE A FAITH HEALING.

Seated elbow-to-elbow at tables set amid squat racks and weight sleds, more than 30 trainers crane their necks to see the miracle unfolding at the front of the room. The lights are dimmed, save for one illuminating a massage table where a man lies faceup and shirtless. The healer—bald, bespectacled, and dressed in khakis and a crisp collared shirt—smiles reassuringly as he places his left hand on the man's chest and his right under his back.

"Excuse my cold fingers," says Ron Hruska, M.P.A., P.T., director of the Postural Restoration Institute, sending a ripple of chuckles through

the room. "Now take a deep breath and let's see if we can fix that shoulder."

Hruska's subject, a 34-year-old trainer from Chicago, has suffered from shoulder impingement for years. Lifting anything with his right arm causes discomfort. Raising it above shoulder height triggers pain. And the look on his face suggests that he doesn't expect to feel any different a few minutes from now.

He realizes how wrong he is as soon as he begins to exhale. It's then that Hruska presses down firmly on the man's sternum and pulls back along his spine. "Again," says Hruska,

pursing his lips with the effort. They repeat the cycle two more times. "Now relax," says Hruska, grasping the man's right arm and laying it next to his ear. "Remember how you couldn't raise your arm above your head?"

Eyes wide with astonishment, the man moves his arm up and down a few times. "Unbelievable," he says in a voice barely above a whisper.

"You want to know how I did it?" asks Hruska. Thirty heads nod in unison. "Let's start with what I didn't do. I didn't treat his shoulder, not directly," he says. "I helped his diaphragm do its job, and that released tension in all the muscles throughout his torso that were compensating for it. He doesn't have a shoulder problem; he has a breathing dysfunction." In that, the man on Hruska's table isn't alone.

Most of us take breathing for granted. We breathe about 14 times every minute, more than 20,000 times a day, and no fewer than 526 million times during the course of an average lifetime. Nearly all of those breaths are automatic; respiration generally requires about as much thought as pumping blood or digesting food. Yet despite all that practice, most of us suck at it.

"The reason is that almost no one uses their diaphragm as it's intended—as the body's primary breathing muscle," says Bill Hartman, C.S.C.S., co-owner of IFAST in Indianapolis and the host of this weekend's seminar.

It's a consequence of modern life. Chronic stress, repetitive habits, and skewed ergonomics cause your diaphragm to be misused. Instead of helping you breathe, it's redirected to shore up posture and stability. "The result is disastrous," says Hruska.

It doesn't matter whether you're an 80-year-old smoker, a 23-year-old Olympian, or a regular, fit guy—odds are the way you're breathing right now is flooding your body with stress hormones, compromising your joints and mobility, bottlenecking your energy, and undermining your performance in the gym and everyday life. Fourteen times a minute, you become a little weaker and a bit duller.

Hruska is on a mission to change that. Step one is understanding how your body is built.

OUTWARDLY, THE HUMAN BODY APPEARS symmetrical—we have two legs, two arms, two eyes, two ears. But below the surface that symmetry vanishes. We have a liver on our right and a spleen on our left. Our heart sits in our upper-left chest cavity and takes up so much room that to accommodate it, our left lung must be smaller than our right (two lobes versus three). Even the two halves (or leaflets) of the diaphragm are different in size and strength. "Every single system in your body—visual, digestive, muscular, respiratory,

lymphatic, neurological—is inherently asymmetrical,” says Hruska.

That’s not a bad thing; although organized asymmetrically, the body’s structures are still more or less distributed evenly. “But that asymmetry does tend to make most of us shift our center of gravity to our right leg,” says Hruska.

If you’ve ever stood in line, waited for baggage, mingled at a cocktail party, or spent more than a few minutes on your feet, you know what he’s talking about. You put your weight on your right leg, move your left foot forward, rotate your pelvis down and right, drop your right shoulder, and raise the left side of your rib cage. The result is a stance much like that of Michelangelo’s David.

We assume this stance partly due to gravity (to offset the weight of the heart), partly to support the function of the diaphragm’s larger right leaflet, and partly because that leaflet’s stronger attachments tug us in that direction. “But it’s also a consequence of being right-handed,” says Hruska. “Even if you’re a lefty, you shift right because nearly everything in society, from doorknobs to automobiles, is ergonomically designed for righties.”

Eventually we get locked in that rightward posture. “Our position of comfort is usually bad posture and we tend to stay there until we feel that something’s painful or uncomfortable,” says Emman Papa, Ms.H.M.S., assistant professor at the University of the Philippines Diliman’s College of Human Kinetics.

“THERE’S A REASON WHY I BEGIN MY SEMINARS on the audience’s left,” says Hruska. He leaves his podium and walks across the room to our right to demonstrate. Immediately, a handful of us begin fidgeting. “You’re more comfortable looking left because your upper body rotates that way to compensate for the rightward orientation of your lower body,” he says. “Until you’re able to realign yourselves and breathe effectively on both sides, you’ll be more attentive if I lecture on your left.”

The human body, Hruska says, isn’t designed to remain fixed on one side—not comfortably. It’s designed for “reciprocal” movement. As we walk, run, climb, crawl, and otherwise travel through our world, we synchronize the movement of opposite limbs and alternately shift our center of gravity between our right and left legs. “At least that’s what’s supposed to happen,” says Hartman. “Most of us never achieve that.”

Sure, you put one foot in front of the other as you walk, but an x-ray would reveal that you still move with a Michelangelo twist. Your pelvis remains rotated to the right, your center of gravity doesn’t budge, and the left side of your rib cage remains flared. “It’s like driving

with your alignment off,” says Neil Rampe, C.S.C.S., L.M.T., a manual and performance therapist for the Arizona Diamondbacks. “You can compensate by oversteering, but if you don’t correct it, your tires will wear out after 30,000 kilometers instead of 60,000.”

In the human body, that wear and tear most often manifests as back, neck, and joint pain. “If you constantly stress the same knee or load your back the same way, that area may have a breakdown,” says Hartman. But perhaps the most insidious consequence of being stuck on the right is the effect on respiration. “Without reciprocal movement, the diaphragm can’t do its job,” says Hartman. And then all hell breaks loose.

IN ITS RELAXED STATE, THE DIAPHRAGM IS SHAPED like the canopy of a parachute. When you inhale, it contracts, increasing the space in your chest cavity, into which your lungs expand. Your intercostals—accessory breathing muscles between your ribs—create more room by pulling your ribs up and out. As your chest expands, the pressure within it falls, causing air to enter the lungs. When you exhale, your diaphragm and intercostals relax, forcing air out. Exhalation requires no effort.

“That’s the textbook description,” says Louis Libby, M.D., a pulmonary physician and former chief medical officer at the Oregon Clinic. “But very few of us actually breathe that efficiently.”

Everything hinges on how much of your diaphragm butts up against your ribs, an area known as the zone of apposition (ZOA). Most of us think of the core as our abs but really, it’s the ZOA. “Proper breathing improves posture because it stabilizes all the muscles that support the spine. It enhances intra-abdominal wall pressure while reinforcing the diaphragm,” says Papa.

With a good ZOA, your diaphragm can act like a plunger, drawing air into your lungs. It can also contract in coordination with your abdominals and pelvic floor—a bowl-shaped sheet of muscle in the pelvis. “Together they form a tight canister that increases intra-abdominal pressure and stability,” says Hartman. This mechanism is powerful, having the ability to support more than 1,080 pounds—the current world record in the squat. “If you’ve ever wondered why powerlifters hold their breath, that’s the reason,” says Hartman.

For most of us, though, the diaphragm is never in a position to support optimal posture or breathing. Why? Our right-sided stance cracks the canister open. “Your pelvis and pelvic floor tilt down, and your ribs and diaphragm tilt up,” says Hartman. You lose your ZOA. And just like that, your primary breathing muscle flickers offline.

Behind the Curve

How the shape of your diaphragm determines how well you breathe



1/ Optimal Breathing

To help you breathe, your diaphragm must be a dome. In that position it can press against your ribs, boosting stability, and draw air into your lungs as it contracts and flattens. “The area where it presses against your ribs is the zone of apposition, or ZOA,” explains Bill Hartman, C.S.C.S.

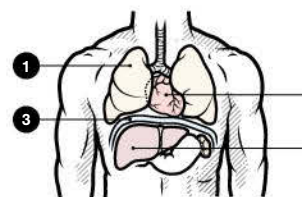


2/ Typical Respiration

Postural habits and chronic stress cause most people’s ribs to flare and their diaphragm to remain contracted. “As a result, you lose your ZOA and your diaphragm stops being a respiratory muscle,” says Hartman. You become a chest breather, the most inefficient kind.

Your Asymmetrical Torso

The balance you see in the mirror isn’t reflected in your internal structure.



1/ Lungs

They come as a pair, but the left is smaller to accommodate the heart.

2/ Heart

We shift weight onto our right leg in part to counterbalance this organ.

3/ Diaphragm

It has two sides, but the right is thicker and stronger than the left.

4/ Liver

It also has two lobes, but the right is much larger (by a factor of six).

Other muscles pick up the slack. Your intercostals take over most of the work, and your scalenes and pecs chip in as well. In effect, most of us become chest breathers. "This naturally happens when we're tired and it continues even when we're relaxed," adds Papa.

Such inefficient breathing won't kill you. "You extract only 20 percent of the oxygen you breathe in," says Peter Brown, Ph.D., head of performance knowledge at the English Institute of Sport. "That's why you can resuscitate someone with exhaled air." What's more important is how your body perceives chest breathing. It assumes you're in danger.

"In times of fight-or-flight, your brain recruits the less-efficient respiration muscles first," says Brown. It's a sound survival strategy. "If you're trying to outrun a grizzly, you don't want to exhaust your most powerful breathing muscle if you don't have to," says Brown. "You want to keep it on standby in case things turn from bad to worse."

But you don't need to be in actual danger for your brain to switch into survival mode. It operates on generalizations, and chest breathing suggests life-or-death stakes. In response, your brain hits the panic button, flooding your body with stress hormones such as cortisol and adrenaline. "That's a good thing if you need a burst of power and speed to escape a predator," says Dr. Libby. "But if you can't shut it off, which is what happens with chest breathing, you strain your entire cardiovascular system."

Chronic tension in what should be accessory breathing muscles can lead to migraines, neck and shoulder pain, and backaches. It's a vicious cycle. "Stress causes us to breathe inefficiently, and inefficient breathing causes stress," says Dr. Libby.

TO FULLY UNDERSTAND THE DESTRUCTIVE POWER of inefficient breathing, it helps to look at extreme examples. And no example is more extreme than a pro athlete. "If you think of the body as an automobile, athletes are race cars. They have the same alignment and breathing issues as everyone else, but they push themselves harder and have more power under the hood. So when things go wrong, they go really, really wrong," says Rampe.

We're standing in the weight room of the visiting clubhouse at Citizens Bank Park in Philadelphia, where the Diamondbacks are preparing to face the Phillies. Most of the players are warming up with light workouts or agility drills. But a handful are sprawled on the floor or leaning against walls blowing up balloons. "This isn't a birthday," says Rampe. "It's respiratory resistance training. The balloons train them to breathe in a new position—one that allows for optimal functioning of the diaphragm."

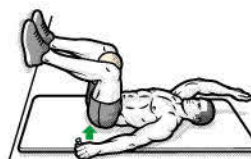
As they blow up the balloons, each player tilts

Breathe Right, Now

The one exercise every man must do to retrain his diaphragm, realign his body, and start breathing better instantly

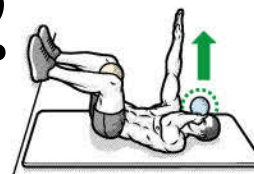
90/90 HIP LIFT WITH BALLOON

1



Lie face up with your feet flat against a wall and your knees and hips bent 90 degrees. Place a 4- to 6-inch ball between your knees and extend your right arm above your head; hold an uninflated balloon in your left hand by your side. Inhale through your nose and exhale through your mouth, tilting your pelvis up so that your tailbone rises off the floor (your lower back should remain on the ground).

2

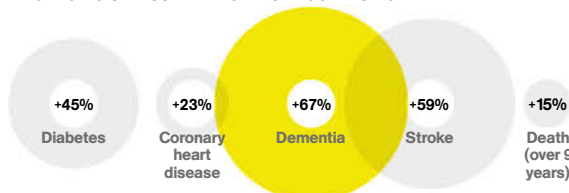


Hold that pelvic position as you raise your right arm toward the ceiling. Put the balloon to your mouth with your left hand. Inhale through your nose, and then exhale into the balloon as you reach toward the ceiling with your right arm. Hold for three seconds (don't let the air out of the balloon). Repeat the process two more times, then return to the starting position. That's 1 round. Do 5 rounds up to three times a day.

Lung Way Down

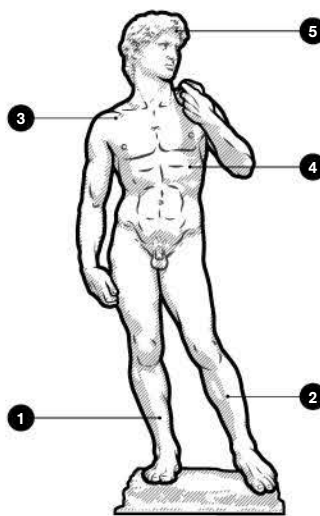
Bad breathing causes chronic stress, which could lead to a world of hurt

CHRONIC STRESS MAY INCREASE YOUR RISK OF...



A Model of Bad Posture

Sure, Michelangelo's *David* looks good. He also shows how an everyday habit can quickly become a breathing problem



1/ After a couple of minutes of standing, you shift your body's center of gravity onto your right leg.

2/ Your left leg moves forward, taking the left side of your pelvis with it. Your entire pelvis also tilts downward.

3/ Your right shoulder drops while the left side of your rib cage flares out and tilts up, causing your diaphragm to lose its dome shape. It has now ceased to be your primary breathing muscle.

4/ Your intercostal (between-rib) muscles, pectorals, and neck muscles pick up the slack.

5/ Trouble ensues. With the diaphragm offline, tension increases throughout your body. Plus, your brain elevates the production of stress hormones like adrenaline. The result: reduced breathing efficiency, greater stress, elevated cardiovascular strain, and a higher risk of back, neck, and joint pain.



his pelvis up and keeps his ribs down, sealing the canister. He also reaches forward with his right arm to rotate his torso left and open his lungs. (Try it yourself with the 90/90 hip lift on the previous page.) The result? “The diaphragm comes online,” says Rampe. “It’s like hitting the reset button, structurally realigning the body.”

Or, as Hruska describes it, “You become neutral.” You can think of neutrality as being functionally symmetrical—the ability to shift your center of gravity from one side to the other, to breathe efficiently with both lungs, and to maintain the position of your true core. “Being neutral helps everything,” says All-Star first baseman Paul Goldschmidt. “When I lift, I’m stronger. When I run, I’m faster. It allows me to fully express my power and speed.”

It also helps him stay off the injured list. “Paul and the rest of these guys tended to be overextension monsters when we started with them,” says Rampe. “They had puffed chests, excessively arched backs, hunched shoulders—the typical ‘gym posture.’”

Like many men, they took the advice of “Don’t round your back when you lift” to the extreme. In so doing, they reinforced the right-

dominant pattern they were stuck in and overloaded joints already suffering from overuse, says Rampe.

The problems with overextension, which is essentially an exaggerated chest-breathing posture, aren’t limited to injury. “Your intercostals burn through energy quickly and produce a staggering amount of metabolic waste, such as lactate,” says Brown. During exercise, that increases the perception of effort. The result: Most men never exercise as hard as they think they do—or come close to maximizing their gains. It’s just one more reason to get neutral. And to do that, you need to change the way you move through your world.

“EVERYONE STAND UP,” SAYS HRUSKA IN THE seminar room. “Put on your jackets.”

We all do as he says, right arm first. “Now put on your backpacks.” Thirty bags go over 30 right shoulders. The exercise continues—we cross our legs (left over right), begin walking (left foot first), and relax in our chairs (slumping to the right), each time unwittingly adhering to right-side dominance. “Correcting postural patterns doesn’t stop with blowing up balloons,” says

Hruska. “You need to remember you have a left side, and start using it.”

At the most basic level, that means reaching for objects with your left hand, standing with your weight on your left leg, and sitting with your right knee ahead of your left. But Hruska encourages people to go deeper:

- “When you drive, press your left glute and lower back into the seat to take the demand off your right side and decompress your spine,” Hruska says.

- Do the same when you’re seated at your desk. If you’re right-handed, also bend your torso to the left and place your left arm on your desk or armrest. (Lefty? Keep your torso centered.)

- At night, sleep on your left side, placing a pillow under your torso and another between your knees to move the right side of your pelvis forward.

“Done consistently, these actions re-map the representation of your body in your brain, making reciprocal movement not only normal but also automatic,” says Hartman.

As repetitive wear patterns fade, so too will nagging aches and pains. “Once you take yourself out of a chronic, hyperventilated [chest-breathing] fight-or-flight state, many aspects of health improve,” says Dr. Libby. “Your blood pressure goes down, you sleep better, your risk of stroke and heart attack decreases—even people who suffer from fibromyalgia and chronic fatigue syndrome find that they’re less symptomatic.”

Hruska is aware that such claims can sound unbelievable, and that some jokingly refer to the “miracles” he performs as “voodoo.” The thought makes him cringe. “I hate making this look like a dog-and-pony show, but I don’t know how else to grab people’s attention,” he says. “The potential is huge—everything from orthopedic ailments to cardiopulmonary diseases can have roots in posture and breathing.”

Hearing him talk, one gets the sense of a pending revolution. In many respects, it has already begun. A growing number of physicians are attending his seminars. Terms like “pelvic tilt” and “zone of apposition” are becoming buzzwords among trainers. And the fitness blogosphere is exploding with discussions of neutrality and true diaphragmatic breathing.

Ultimately, this concept’s always been around. Yoga practitioners for centuries have preached this. “When your breathing isn’t labored, you move more efficiently,” says registered yoga teacher Igby Anog. “You just have to be aware so you can breathe and pace it correctly.” Yoginis credit their improved movement and flexibility, in part to pacing their breaths. Now, that’s something we can all breathe to. ■

INSTRUCTIONS

This is a test. Do not seek help from your friends or your phone. This is all on you, all in one sitting. Most questions are worth one point, but a few are worth more; one question deducts points. When you're finished, tally them all up; a perfect score is 100 points. Good luck, gentlemen. You may now begin.





QUESTION

ANSWER

What's Your Man Score?

THAT DEPENDS ON HOW YOU DO ON THE FOLLOWING 45 QUESTIONS. IF YOU THINK YOU'RE MANLIER THAN THE AVERAGE JUAN, PROVE IT.

► EDITED BY
CLINT CARTER AND WAYNE JOSEPH TULIO
DIX PEREZ

► PHOTOGRAPHS BY
DIX PEREZ

► PROP STYLING BY
GENIE RANADA-BABISTA





REEL HER IN

Actress Nadine Lustre says that to strike a woman's interest, you just have to be comfortable with who you really are. Be a pretender and you won't be a contender in her eyes when she finds out. Learn to navigate the tricky dating stage by reading "Make Her Want To Stay" on p.78

SUBJECT

YOUR SCORE

Sports

01 Arrange by round Pacman's KO wins



- [A] Ricky Hatton [C] Marco Barrera
[B] David Diaz [D] Erik Morales

02. Who among these SMB greats didn't win a PBA MVP trophy?

- [A] Danny Ildefonso [C] Danny Seigle
[B] Samboy Lim [D] Allan Caidic

03. Which of the following terms is meaningless in golf?

- [A] Birdie
[B] Eagle
[C] Turkey
[D] Albatross
[E] Vulture



04. Only one of the following moves is legal in a regulated UFC fight. Which is it?

- [A] Head-butt
[B] Heel to the kidney
[C] Chokehold
[D] Groin shot
[E] Verbal insults

05. Which team did Shaquille O'Neal not play for?

- [A] Orlando Magic
[B] Boston Celtics
[C] Phoenix Suns
[D] Houston Rockets
[E] Cleveland Cavaliers
[F] Miami Heat



06 Ryan Papa held the SEAG 200m backstroke record for XX years?

- [A] 12 [C] 18
[B] 16 [D] 6

SUBJECT

YOUR SCORE

Food

07. The server hands you a wine cork. What do you do?

- [A] Inspect it [C] Chew it
[B] Sniff it [D] Pocket it

08. How many ingredients are in lager beer, according to the German Purity Law?

- [A] 2 [C] 6
[B] 4 [D] 8

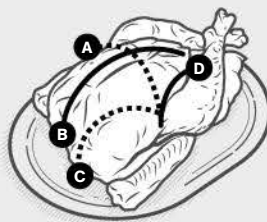
09. Which of these do you shake rather than stir?

- [A] Martini [D] Old-fashioned
[B] Gin fizz [E] Moscow mule
[C] Margarita [F] Negroni

10. Which of these items is a variety of fish you'll find in your local wet market

- [] Cream Dory
[] Halaan
[] Salungo
[] Supgo

11 Which is the proper first cut?



12. Which has the most protein?

- [A] Three large eggs
[B] A serving of Greek yogurt (5.3 oz)
[C] A grilled filet mignon (4 oz)
[D] A scoop of whey protein powder

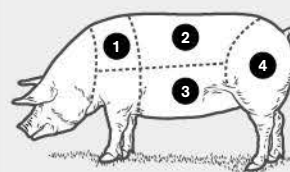
13. Which of these essential tools is in your kitchen?

- [] Cast-iron skillet
[] Chef's knife, 8" or longer
[] Good bottle of whiskey
[] Digital probe meat thermometer

14. Pair each spirit in the left column to its primary ingredient in the right column.

- | | |
|-------------|-------------------|
| [1] Bourbon | [A] Malted barley |
| [2] Rye | [B] Corn |
| [3] Scotch | [C] Sugarcane |
| [4] Cognac | [D] Rye |
| [5] Rum | [E] Grapes |
| [6] Tequila | [F] Agave |
| [7] Cachaça | [G] Molasses |

15 Match the cut to the diagram.



- [A] Bacon [C] Chops
[B] Butt [D] Ham

1 **LEARN HOW TO BOX**
Aside from knowing how to throw a punch, you'll also learn defense, timing, and conditioning, says Randy Almazan, a coach at Elorde Ortigas.

4 **WHY WATCH A FIGHT?**
Watching others work hard, as in a UFC bout, can spike your respiration and heart rates almost like exercise, says an Australian study.

7 **VINO PATROL**
Look for a wet stain, says Caitlin Speers, beverage director at Sbraga Dining in Philly. A dry or crumbled cork indicates improper storage. Send it back.

9 **BOND WAS WRONG**
Shake a drink made with a thick liquid like juice or cream, but stir it if it's pure liquor, says Micaela Piccolo, head barkeep at Distilled in New York.

10 **FIND A CONVENIENT PALENGKE**
You'll learn more about local meats and fish and ways to cook them, says Carina Galang, food consultant Yummy magazine contributor.

11 **RESPECT THE LEGS**
Make first cuts into the skin of hip joints so you can pop off each leg cleanly, says Aaron Rocchino, owner of The Local Butcher Shop in Berkeley.

ANSWER KEY

1. 1-A, 2-D, 3-B, 4-C [+1 EA];
2. C; 3. D; 4. C; 5. D; 6. C;
7. A; 8. B; 9. B, C, E [+1 EA];
10. [-1 EA]; 11. D; 12. C;
13. [+1 EA]; 14. 1-B, 2-D, 3-A,
4-E, 5-G, 6-F, 7-C [+1 EA];
15. 1-B, 2-C, 3-A, 4-D [+1 EA]

17

RAPPER'S DELIGHT

Bass-heavy music can help you act more assertively, according to Northwestern University research. Try dropping a beat before your next job review.

19

ROM-COM THERAPY

Watching lovey flicks with your partner and discussing the relationship themes is associated with lower divorce rates, suggests UCLA research.

22

BOOK BRAINS

Readers of literary fiction understand and relate to others better than those who read nonfiction or popular fiction, a study in the journal *Science* reveals.

25

THE DO-IT-ALL TIE

The half Windsor is the most versatile of tie knots, says Ashley Weston, a celebrity menswear stylist. It's appropriate for almost any collar or body type.

28

MIND THE STUBBLE

Go with the grain of your facial hair; going against it can cause inflammation, says Douglas Altchek, M.D., founder of the skin-care line Altchek MD.

ANSWER KEY

16. A; 17. A (SNOOP DOGGY DOG, SNOOP DOG, AND SNOOP LION); 18. D; 19. C [+2]; 20. 1-A, 2-C, 3-D, 4-B [+1 EA.]; 21. A, D, AND E [+1 EA.]; 22. B; 23. A, E, AND F [+2 EA.]; 24. 1-C, 2-B, 3-D, 4-A, 5-E, 6-F [+1 EA.]; 25. A; 26. C (THE OTHERS ARE FOR A. ACNE, B. OILY SKIN, AND D. WRINKLES); 27. HERRINGBONE [+2]; 28. B [+2]; 29. 1-F, 2-B, 3-E, 4-C, 5-D, 6-A [+1 EA.]; 30. C; 31. [+1 EACH]; 32. [+2 EA.]; 33. C 34. C

SUBJECT

YOUR SCORE

Culture

16. What was the moniker of Joel Torre's character in the film *On the Job*?

- [A] Tatang [C] Berdugo
[B] Tatay [D] Papang

17. Which rapper has gone by the most stage names?

- [A] Snoop [D] Bow Wow
[B] Dre [E] Jeezy
[C] Fiddy [F] Weezy

18. Who among the Eraserheads penned the lyrics to the iconic song *Alapaap*?

- [A] Buddy [C] Marcus Zabala Adoro
[B] Raymund [D] Ely Buendia Marasigan

19. In which rom-com did Sarah Geronimo perform the sun dance?

- [A] You Got Me
[B] My Big Love
[C] A Very Special Love
[D] My Amnesia Girl

20 Match each Bond to his Aston Martin



1



2



3



4

- [A] Sean Connery
[B] Daniel Craig
[C] Pierce Brosnan
[D] Timothy Dalton

21. Pick three character actors who are often in FPJ films?

- [A] Berting Labra [D] Renato Del Prado
[B] Jess Lapid, Jr. [E] Dencio Padiila
[C] Dinky Doo, Jr. [F] Bayani Agbayani

22. Which of these works of fiction by Lualhati Bautista was inspired by historical events?

- [A] *Canal Dela Reina*
[B] *Dekada 70*
[C] *Bata Bata Paano ka Ginawa?*

23. Which three are villains?

- [A] Hans Gruber [D] Ellen Ripley
[B] Han Solo [E] Bane
[C] Morpheus [F] Buffalo Bill

24 Match the mustache to the man.



1



2



3



4



5



6

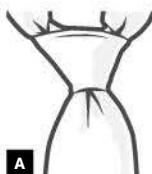
- [A] Rez Cortez [D] Hulk Hogan
[B] Val Sotto [E] Jimmy Santos
[C] Paquito Diaz [F] Rico Puno

SUBJECT

YOUR SCORE

Style

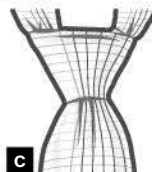
25 Which of these knots is a half Windsor?



A



B



C



D

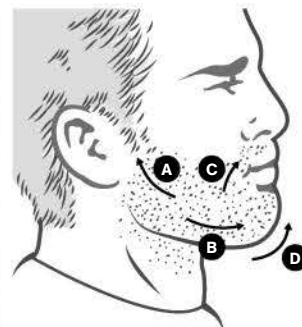
26. Which of these acids won't improve your skin?

- [A] Salicylic [C] Phosphoric
[B] Glycolic [D] Amino

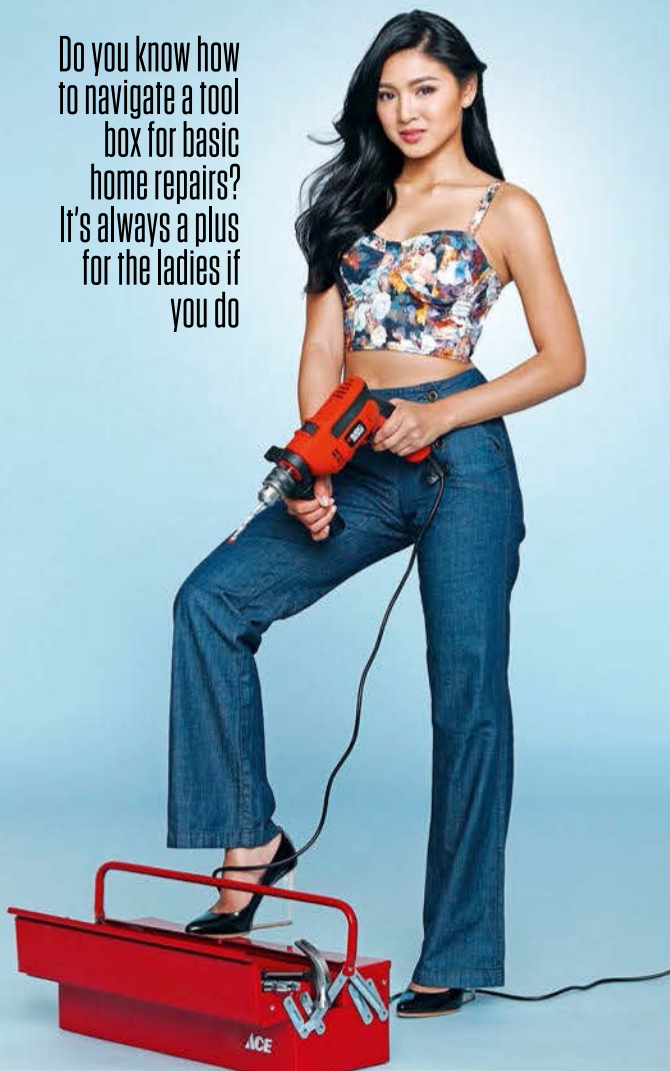
27 What the hell is this pattern?



28 Which is the best first pass for a clean-shaven mug?



Do you know how to navigate a tool box for basic home repairs? It's always a plus for the ladies if you do



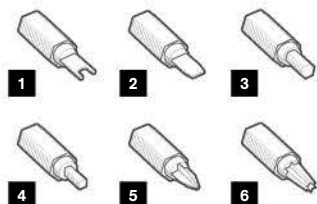
FEED THIS DIRECTION

SUBJECT

YOUR SCORE

Home Repair

29 Name that screwdriver.



- [A] Torx [D] Phillips
[B] Flathead [E] Allen
[C] Robertson [F] Spanner

30. What's the ideal servicing schedule of you're A/C Unit?

- [A] 3 months [C] 6 months
[B] 5 months [D] 4 months

31. Which home repair jobs can you do on your own?

- ☐ Replace a light fixture
☐ Patch a hole in drywall
☐ Hang a flat-screen TV

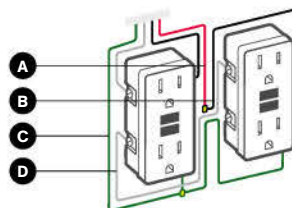
32. Which home repair jobs have you done on your own?

- ☐ Replaced a light fixture
☐ Patched a hole in drywall
☐ Hung a flat-screen TV

33. Which of these kitchen top materials are both heat- and water-resistant?

- [A] Plastic Laminate
[B] Stainless Steel
[C] Ceramic Tile

34 Which of these is the ground wire?



30

LONG LIVE YOUR AIRCON
Make sure that the seams around your air conditioner are well sealed. This improves your A/C's lifespan advises Jorge Faustino of Ideal Interior Design Services.

33

THOU SHALL CLEAN COUNTER TOP
Realliving.com.ph says ceramic tiles are prone to grout and bacteria accumulation. Clean your counter top daily to avoid germs from harming your food.

34

ONE TOOL YOU NEED
Buy a voltage tester before doing electrical work, suggests Gene Hamilton, creator of *DIYornot.com*. For a few bucks, you'll avoid electrocuting yourself.

If a flat tire situation
occurs, would you know
how to change it?

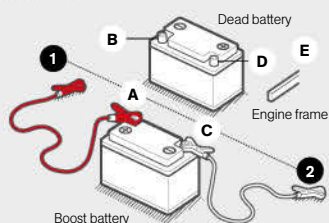


SUBJECT	YOUR SCORE
Cars	

35. Which will you find on your car's driver-side door sticker?

- ☐ A Suggested tire pressure
☐ B Suggested fuel type
☐ C Suggested oil-change mileage

36 Where do these two cables connect?



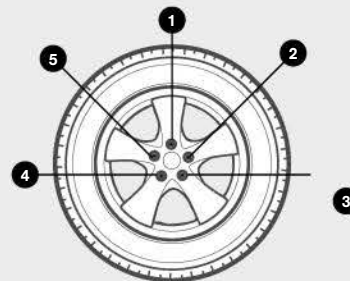
37 What does the "Yield" road sign mean?

- ☐ A You must stop right away.
☐ B You must be prepared to stop if necessary to let driver on approach proceed.
☐ C Just keep going unless there's a pedestrian crossing the road.

38. Up to how long can your spark plugs last?

- ☐ A 10,000 km ☐ C 15,000 km
☐ B 20,000 km

39 You've removed a flat tire and are now putting on the spare. If you tighten lug nut #1 first, which one will you tighten last?



35 KNOW THY TIRE'S AGE
 The minimum life span of a tire regardless of use is six years, according to the National Traffic Safety Administration. Check your set when it reaches this mark.

36 AVOID A BLOWN BATTERY
 Make the connections in this order: Red cable to A; red cable to D; black cable to C; and lastly, black cable to an unpainted metal surface, like the hood prop.

39 FOLLOW THE STAR
 Tighten in a 1-3-5-2-4 pattern, by hand and then with a lug wrench, to prevent wobble and warped rotors, advises Vito Gerbino of The Tire Place in Queens.

40 HE WHO WAITS...
 You're not the only guy on her radar, pal. So you need to call before she can set up her next Tinder date, says Ali Binazir, M.D., author of *The Tao of Dating*.

43 STOP BURNING RUBBER
 Oil-based lube breaks down latex. Either switch to another form of protection (like the female condom) or stick to a water- or silicone-based lubricant.

ANSWER KEY

35. A; 36. 1 TO D, 2 TO E [+2 EA]; 37. B [+2]; 38. B; 39. 3 OR 4 [+2]; 40. B; 41. A; 42. A; 43. C; 44. B; 45. MOST TO LEAST: D, B, C, E, A [+1 EA.]

SUBJECT	YOUR SCORE
Women	

40. You scored her number and want to see her again. You...

- ☐ A Text her immediately
☐ B Call her tomorrow
☐ C Follow the 48-hour rule, then call

41. Where do you put your cell phone on a date?

- ☐ A In my pocket, ringer off
☐ B On the table, facedown
☐ C I leave it at home

42. It's 2015. Do you still pick up the check on a first date?

- ☐ A Yep, always
☐ B Depends on who did the inviting
☐ C Splitting is ideal

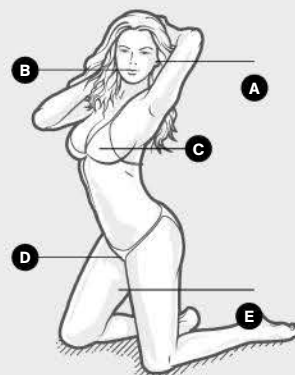
43. Which of these should not be used with latex condoms?

- ☐ A Water-based lubrication, like K-Y Jelly or Liquid Silk
☐ B Silicone-based lubrication, like Pjur or Überlube
☐ C Oil-based lubrication, like Vaseline Jelly or baby oil

44. Which of the following is the ideal duration of intercourse?

- ☐ A 5 minutes ☐ D 30 minutes
☐ B 10 minutes ☐ E As long as I can last
☐ C 20 minutes

45 Rank her erogenous zones by sensitivity.



HOW DID YOU DO?

<60

New subscriber, huh? Well, keep reading this magazine and you'll soon be happier, healthier, and manlier.

60-69

Technically you're above half so nothing to be ashamed of. (But you do have work to do, for sure!)

70-79

You're at the top of the bell curve and man enough to realize that the it resembles a woman's breast.

80-89

Pour yourself a celebratory drink, and then proudly post your manly score on all social media platforms.

90-100

You probably cheated. But if not, congratulations! Your man cred is off the charts. ■

Make Her Want to Stay

MH WOMAN NADINE LUSTRE HAS THE TOOLS TO FIX SOME OF THE COMMON MISHAPS IN LONG-TERM RELATIONSHIPS

► MAKEUP BY
JELLY EUGENIO

► HAIRSTYLING BY
PAUL NEBRES

► STYLING BY
REGI CRUZ WITH ASSOCIATE ROLEE UMALI

Learn to Love Yourself, Too

"Don't be too selfless. The love you have for yourself must remain greater than the love you have for your partner. An ex-boyfriend of mine taught me this. *Kapag masyado na akong nagiging martir, pinapatigil niya ako. Ako kasi yung giver—hindi bale nang mawalan ako, basta nasa iyo ang lahat.* But he never took advantage of that, which I really appreciate."

Your move: Learn to ask for what you want, but accept that you won't always get it. In his book *Take Charge Now*, psychologist William Knaus, Ed.D., explains that relationship martyrdom stems from the tendency to meet the desires of others in favor of your own. That spells trouble for you if things don't work out. "Practice properly asserting yourself," he points out.



Trust Your Gut

"Sometimes you can sense when something's wrong, even if the other person keeps it from you. *Mararamdaman mo kapag meron siyang hindi masabi sa'yo.* It's important to establish trust in a relationship, but you shouldn't be blinded by it. When your gut tells you something, don't ignore it. You can solve more problems if you work through it together."

Your move: If you feel your girl is starting to display odd behavior, don't dismiss it. Lillian Glass, author of *The Body Language of Liars*, cites that sudden changes in body language—from facial expressions to patterns of speech—can be red flags for fraudulent behavior. "The body experiences certain types of changes when a person is nervous and feeling tense," she notes.



Think Before You Speak

"I learned this from one of my favorite pastors. When you're mad at your partner, take some time to think about what you're going to say next. It can be a day, a few hours, or a few minutes. When you say hurtful things, *hindi mo na mababawi yun.* And by the time you realize your mistake, you've already pushed the other person's button. *Mas hassle.*"

Your move: Don't confuse tactless outbursts with honesty. It's a mistake most people in long-term relationships make. "Most partners lose that awareness. They have become so familiar with each other that they expect automatic forgiveness when they say something hurtful," writes clinical psychologist and marriage counselor Randi Gunther, Ph.D., in her article "Speaking Before You Think: Foot-in-Mouth Syndrome in Committed Relationships" for *PsychologyToday.com*. A more careful delivery is more likely to end your disagreement smoothly.



Keep It Natural

"I understand that relationships require understanding, but love should be effortless. It's hard to be comfortable *kapag magkaiba kayo ng takbo ng utak.* I don't want to have to make things work all the time. When I meet the right guy, I'd like to be able to not wear makeup when we're together. And in return, I wouldn't mind if he burps or farts in front of me."

Your move: A 2015 UK study involving over 2,000 couples suggests relationships that have hit the comfort zone are more likely to go the distance. Apparently, not locking the bathroom door, showering together, and breaking wind in front of each other are telltale signs that your relationship is going uphill. But for Mother Earth's sake, keep your farting to a minimum—it stops being funny after some time.

Don't Force Change

"Lovers should learn to accept each other's quirks. I once tried to reinvent myself for a guy—I changed my appearance, listened to songs I normally wouldn't listen to, and so forth. I was concerned about not being accepted. But I realized that a person should be able to bring out the best in you, and not the other way around. Change is good, but only if it isn't forced."

Your move: Cliché as it sounds, just be yourself, man. "If you're true to yourself, it's easier to act in ways that build intimacy in relationships, and that's going to make your relationship more fulfilling," says Amy Burnell, a psychology professor at Ohio State University. You'll have more positive thoughts when you don't have to put up a front, too. ■



"LOVE SHOULD BE
EFFORTLESS. IT'S
HARD TO BE
COMFORTABLE
KAPAG MAGKAIBA
KAYO NG TAKBO
NG UTAK"



STYLE

TESTED

RIGHT ON TIME

BLACKOUT

ALL-BLACK WATCHES LOOK MANLY, SOPHISTICATED, AND UNDERSTATED AT THE SAME TIME. YOU CAN WEAR THEM WITH ANY ATTIRE AND FROM DAY TO NIGHT.

Machine Chronograph quartz watch with black PVD coated stainless steel 45 mm case and bracelet, black dial, mineral glass, and 50 meters water resistant, P11,210, **Fossil**, **SM Megamall**, **SM City North EDSA**, **Robinsons Place Manila**, and **Alabang Town Center**.

Ranger Chrono quartz watch with black PVD coated stainless steel 44 mm case and bracelet, black dial with gold accents, hardened mineral glass, and 100 meters water resistant, P26,700, **Nixon**, **Glorietta 4** and **SM Aura Premiere**, **Segnateempo**, **Greenbelt 3**, and **Watch Republic**, **Power Plant Mall**.



TIP: READING THE TIME ON A BLACK-ON-BLACK WATCH CAN BE CHALLENGING. GET A WATCH WITH CONTRASTING OR LUMINOUS HANDS AND MARKERS TO MAKE IT EASIER.

Navy Seal Colormark A.3052.BO quartz watch with black polycarbonate 44 mm case and bracelet, black dial, self-powered Night Vision Tubes illumination, hardened mineral glass, and 200 meters water resistant, P23,450, **Luminor**, **SM Mall of Asia**, **The Podium**, **Alabang Town Center**, and **Glorietta 5**.

BUYING A NEW WATCH CAN BE A CHALLENGE. MH SHOWS YOU THE LATEST STYLES TO HELP YOU FIND THE PERFECT TIMEPIECE THAT REFLECTS YOUR PERSONALITY

PHOTOGRAPHS BY LOUIE AGUINALDO
STYLED BY AMADOR R. MADAMBA

FEELING BLUE

BLACK AND SILVER COMBINATION WATCHES ARE SAFE CHOICES. IF YOU WANT TO TRY SOMETHING DIFFERENT, THEN WATCHES WITH BLUE DIALS AND STRAPS ARE COOL AND FRESH ALTERNATIVES.

Pilot TW406 Chronograph quartz watch with rose gold PVD plated stainless steel 45 mm case, blue dial, mineral crystal, blue leather strap, and 50 meters water resistant, P22,000, **TW Steel**, **SM Megamall**, **SM Aura Premiere**, **Shangri-La Plaza**, **Century City Mall**, and **SM City North EDSA**.

Squadron Chrono Swiss quartz watch with stainless steel 43 mm case, blue dial, sapphire crystal, blue rubber strap, and 100 meters water resistant, P21,200, **Wenger**, **SM Megamall** and **SM Makati**.

I.N.O.X. quartz watch with stainless steel 43 mm case, blue dial, sapphire crystal, blue rubber strap, and 200 meters water resistant, P26,500, **Victorinox**, **SM Megamall** and **Century City Mall**.



TIP: DARKER SHADES OF BLUE, LIKE NAVY, LOOK DRESSIER WHILE VIBRANT TONES LOOK MORE CASUAL AND SPORTY.

SILVER LINING

MONOCHROMATIC SILVER WATCHES LOOK MODERN, SLEEK, AND MINIMALIST. THEY'RE ALSO VERY VERSATILE AND PERFECT FOR BUSINESS AND DRESSY OCCASIONS.

Transparent KC10020810 quartz watch with stainless steel 42 mm case and bracelet, transparent dial with silver Roman numerals, mineral crystal, and 30 meters water resistant, P10,850, **Kenneth Cole** available at **L Time Studio**, **SM Megamall** and **Greenbelt 1**.

Slim Line TW1307 quartz watch with stainless steel 45 mm case and bracelet, silver dial, sapphire crystal, and 50 meters water resistant, P20,000, **TW Steel**, **SM Megamall**, **SM Aura Premiere**, **Shangri-La Plaza**, **Century City Mall**, and **SM City North EDSA**.

Del Rey Chronograph quartz watch with stainless steel 43 mm case and bracelet, silver dial, mineral crystal, and 100 meters water resistant, P12,660, **Fossil**, **SM Megamall**, **SM City North EDSA**, **Robinsons Place Manila**, and **Alabang Town Center**.



TIP: TO CLEAN A STAINLESS STEEL

BRACELET, APPLY A JEWELRY CLEANER WITH A TOOTHBRUSH OR SOFT CLOTH TO REMOVE DIRT. THEN RINSE WITH WATER AND DRY WITH A CLEAN CLOTH.



TIP: GOLD GOES WELL WITH CLOTHES IN EARTH TONES AND SHADES OF BLUE. DON'T MIX A GOLD WATCH WITH SILVER JEWELRY. STICK TO ONE COLOR AT A TIME.

Diplomat SS quartz watch with gold PVD plated stainless steel 45 mm case and bracelet, black dial, hardened mineral crystal, and 200 meters water resistant, P32,200, **Nixon**, **Glorietta 4** and **SM Aura Premiere**, **Segnatempo**, **Greenbelt 3**, and **Watch Republic**, **Power Plant Mall**.

GOLD RUSH


GOLD IS AN INTENSE AND ATTENTION-GRABBING COLOR FOR A WATCH, SO COMBINE IT WITH A NEUTRAL COLOR LIKE BLACK OR BROWN TO BALANCE THE LOOK. ROSE GOLD IS A MORE SUBTLE OPTION.



Voyager VE117K quartz watch with gold PVD plated stainless steel 44 mm case, black dial, mineral glass, black silicone strap, and 100 meters water resistant, P3,450, **Veloci** available at **L Time Studio**, **SM Megamall** and **Greenbelt 1**.



Maverick Chronograph quartz watch with gold PVD plated stainless steel 43 mm case and bracelet, brown dial, sapphire crystal, and 100 meters water resistant, P39,500, **Victorinox**, **SM Megamall** and **Century City Mall**.



Grand Prix Max 448
Chronograph quartz
watch with stainless
steel 45 mm square
case, white dial, mineral
glass, black leather
strap, and 100 meters
water resistant,
P18,600, **Max XL**
available at
Washington,
Greenbelt 1, Glorietta,
Power Plant Mall, and
Shangri-La Plaza.

Klassik SKW6027
quartz watch with
stainless steel 33 mm
rectangular case, black
dial, mineral glass, and
stainless steel mesh
bracelet, P9,250,
Skagen available at
Swiss Gear,
Greenbelt 1.

TIP: RECTANGULAR
WATCHES
HAVE A RETRO
VIBE AND ARE
GENERALLY
CONSIDERED
DRESSIER THAN
ROUND VERSIONS.

Marine Star 98B103
Chronograph quartz
watch with rose gold
PVD plated stainless
steel 41 mm square
case, black dial, mineral
glass, black perforated
leather strap, and 100
meters water resistant,
P23,950, **Bulova**
available at **Swiss**
Gear, Greenbelt 1 and
Wrist Pod, SM
Megamall.

RIGHT ANGLES

SQUARE AND
RECTANGULAR-SHAPED
WATCHES ARE NOT AS
POPULAR AND COMMON
AS ROUND ONES. IF YOU
WANT TO BE
ADVENTUROUS AND STAND
OUT IN THE CROWD, THEN
WEAR A SQUARE WATCH.

BIG TIME

OVER THE YEARS, THE TYPICAL WIDTH OF WATCH CASES HAS INCREASED FROM 41 TO 44 MM. NOW, WATCHES ARE 45 TO 48 MM (OR EVEN LARGER) TO MAKE BIGGER AND BOLDER STATEMENTS.

CEO Canteen CE1024 Chronograph quartz watch with rose gold PVD plated stainless steel 50 mm case, black dial, mineral crystal, black Italian leather strap, and 100 meters water resistant, P39,000, **TW Steel**, **SM Megamall**, **SM Aura Premiere**, **Shangri-La Plaza**, **Century City Mall**, and **SM City North EDSA**.

Armor chronograph quartz watch with rose gold plated stainless steel 50 mm case, brown dial, mineral glass, brown silicone strap, and 50 meters water resistant, P7,490, **Police** available at **Watch Republic**, **SM Mall of Asia**, **Market! Market!**, **Robinsons Place Manila**, and **TriNoma**.

Aviator Max 362 Chronograph quartz watch with stainless steel 55 mm case, white dial, mineral glass, brown leather strap, and 100 meters water resistant, P17,700, **Max XL** available at **Washington**, **Greenbelt 1**, **Glorietta**, **Power Plant Mall**, and **Shangri-La Plaza**.



THE SIZE OF YOUR WATCH REALLY BOILS

DOWN TO YOUR PERSONAL PREFERENCE AND WHAT FEELS MORE COMFORTABLE. GENERALLY, A LARGE WATCH LOOKS BETTER ON A BIG WRIST.

TRUE CLASSICS

WATCHES WITH SIMPLE AND ELEGANT DIALS, SLIM CASES, AND LEATHER STRAPS ARE TIMELESS. WEAR THESE WATCHES FOR FORMAL OR DRESSY OCCASIONS.

Classic quartz watch with stainless steel 41 mm case, silver dial, mineral glass, black leather strap, and 30 meters water resistant, P10,450, **Bulova** available at **Swiss Gear, Greenbelt 1** and **Wrist Pod, SM Megamall**.

Aurora IN1916RWH calibre automatic watch with gold PVD plated stainless steel 42 mm case, white dial, mineral glass, black leather strap, and 30 meters water resistant, P27,290, **Ingersoll, Glorietta 4, Segnatempo, Greenbelt 3**, and **Meridian, Newport Mall**.



KEEP LEATHER STRAPS FROM GETTING WET TO PREVENT ODOR. AFTER WEARING, WIPE OFF MOISTURE OR PERSPIRATION WITH A DRY CLOTH OR ALLOW IT TO AIR DRY TO PROLONG THE LIFE OF THE STRAP.

DS-4 Big Size quartz watch with stainless steel 40 mm case and bracelet, silver dial with gold accents, sapphire crystal, and 100 meters water resistant, P22,500, **Certina** available at **Swiss Gear, Greenbelt 1** and **Wrist Pod, SM Megamall**.

Bolt-68 Chronograph quartz watch with detachable stainless steel 45 mm case, gray dial, mineral glass with sapphire coating, black leather strap, 100 meters water resistant, and stainless steel back plate and chain to wear it as a pocket watch, P47,000, **Bomberg, Robinsons Magnolia, and Washington, Glorietta 4, Greenbelt 1, Power Plant Mall, Shangri-La Plaza, and SM City North EDSA.**

T-Touch Expert Solar Tony Parker Limited Edition watch with titanium gray 45 mm case, black leather strap, solar light powered, dual time, 100 meters water resistant, and tactile sapphire crystal to access six functions like chronograph, compass, alarm, and timer, P60,500, **Tissot, SM Megamall, SM City North EDSA, SM Makati and Montre, The Podium and SM City North EDSA.**

Eco-drive Promaster Altichron BN4026-09E watch with titanium with DLC finish 49.5 mm case, solar light power, non-reflective crystal, black silicon rubber strap, 200 meters water resistant, altimeter function, and electronic compass, P43,750, **Citizen, SM Makati, and Montre, SM City North EDSA.**

UNIQUE TAKES

INNOVATIVE DESIGNS AND TECHNOLOGY ENABLE WATCHES TO NOT ONLY TELL TIME AND LOOK GOOD, BUT ALSO HAVE COOL FUNCTIONS LIKE A TOUCH SCREEN, SOLAR POWER, BAROMETER, OR COMPASS.



TIP: CHOOSE A MULTIFUNCTION WATCH WITH FEATURES THAT FIT YOUR LIFESTYLE AND THE OCCASION.

URBAN JUNGLE TREKKER

BY ENRICO MIGUEL T. SUBIDO • PHOTOGRAPHS BY VINCENT COSCOLLUELA
LAYOUT BY DIEGO GARCIA

YOU DON'T REALLY
NEED A 4X4 IN THE
CITY, BUT A PROPER
SUV BOASTS OF
MANY FEATURES
THAT MAKE IT IDEAL
FOR MOTORING IN
THE METRO

POWER DRIVER

When your everyday ride is, say, a sub-80-horsepower compact econobox from 1994, it's easy to get spoiled after driving the beefy Fortuner. A quick blip of the throttle sends you hurtling forward, turbo whistling all the while. Noise reduction isn't quite recording-studio-level, but the whirr of the diesel mill is reduced to a small buzz inside the cabin. But, really: the best thing about driving this thing is the taller seating position, which gives you what feels like a bird's-eye view of the road. The higher orientation gives you every opportunity to practice all your formative, defensive-driving lessons.

STYLE REVAMP

We might be looking at the last cosmetic refresh for this Fortuner generation, if the rumors of an all-new model due next year are to be believed. In any case, the style upgrade on the current model is positive. Smoked headlamps, redesigned foglights, gunmetal alloys, a very versatile (read: you can play pretty much any type of file on it) multimedia head unit, and a sleek all-black interior give the Fortuner a look of understated performance, which totally works for the whole car.



COMMANDING PRESENCE

The Fortuner is big and fast (for its class and price point), and it more than holds its own on our crazy roads. It isn't an SUV that can be bullied, and perhaps that's what makes it appealing to lots of urbanites, what with all the crazy *gitgitan*-style driving that goes on in the metro. The 4x2, in particular, is well-suited for the city because full-time 4X4 is only really necessary when there are no roads to speak of. With this particular variant, you get to enjoy the grunt of a full-on sport-ute with the practicality of a city car.

BIG VALUE

This 2.5 V 4x2 variant comes in at just about 20 horses weaker than the top-spec 3.0 V 4x4, but with a sticker price that's almost P300,000 cheaper, it's easily pardoned. To be fair, the Fortuner in 2.5 V guise isn't at all sluggish, partly because it's 150 kilos lighter than its 4x4 sibling. And though the transmission is a dated four-speed automatic, the available power feels maximized in each gear. Response is quick off the line, with the ample boost from the turbocharger getting you up to speed fairly quickly for a vehicle of its size. ■



TOYOTA FORTUNER 2.5 V 4X2

ENGINE:

**2.5-LITER I4
TURBODIESEL**

HORSEPOWER (HP):

144 HP

TORQUE (NM):

343 NM

TRANSMISSION:

**4-SPEED
AUTOMATIC**

SEATING:

7

PRICE:

P1,525,000



THIS IS SUV CITY

Crater-sized potholes, annual floods, and bully buses make SUVs fit for our urban roads, but they also present other notable value propositions. *Top Gear Philippines* associate off-road editor Beeboy Bargas gives us the lowdown on these high-riders

1. They offer the VIP feeling. "SUVs make people feel like they're on top of their game now that they drive or are being driven in a big SUV like politicians," says Bargas. Chalk it up to the high riding position and the large cabin space compared to a sedan. Just don't let the illusion of power get to your head.

2. They are practical people movers.

The cabin-space war between SUVs and smaller vehicles is obviously one-sided. Plus, you can earn style points. "There's

practicality in being able to move at least seven people without the stigma of driving a UV Express van," Bargas notes.

3. They show your sporty side.

You want people to see you as the adventurous type, but a 4x4 might be too expensive. Most SUV models have different variants that cater to your needs. "That's why people opt for the 4x2 variant instead of the 4X4," explains Bargas.



BLOCK ROCKIN' BEATS

WANT TO START ROCKING THE DECKS? SET UP YOUR OWN DJ RIG AT HOME! START HERE

BY AEUS REYES • PHOTOGRAPH BY VINCENT COSCOLLUELA
LAYOUT BY DIEGO GARCIA

GONE ARE THE DAYS OF LUGGING around vinyl records or burning tons of tracks on blank CDs. An eight-gigabyte USB stick can hold about 1,600 songs, which roughly translates to 160 audio CDs. Even DJ consoles are now more compact—you can easily fit one in a regular backpack with space to spare.

That's surely music to the ears of those who want to take a shot at DJ-ing, thanks to the advent of electronic dance music (EDM). "The rise of EDM has taken the country by storm," says DJ Patty Tiu of I Am Deuce Manila. "Because we're being exposed to more genres and channels of music, we're going places we never thought possible."

DJ Katsy Lee, the youngest and first-ever female to win the Pioneer Philippines Digital DJ Battle, and ranked fourth in the Asia-Pacific finals, adds: "Though dance music has always had a devoted following here, more and more people are starting to discover and enjoy it, too."

The support system has also evolved locally, with at least three DJ schools (DJ Academy, Beat Project Manila, and Bounce Electronic Music and DJ School) opening their doors to would-be Zedds. With all these advances, now's the best time to dabble in the art of mixing. Here are the tools you need to get started.

CRYSTAL CLARITY

AIAIAI TMA-1 DJ

PRICE: P7,950

A good pair of headphones spells the difference between missing a beat and executing the perfect drop. Headphones are mainly used for cueing—that is, preparing and listening to the next track without having anyone else hear it. Most DJs use over-ear or on-ear headphones, while some choose in-ear monitors, which supposedly do the job without having to crank up the volume.

Gear Up: The Aiaiai TMA-1 DJ is specifically designed to handle the rigors of DJ-ing. Detachable and locking cables, interchangeable ear pads, and a closed back design make these cans great for spinning.

TURN DOWN FOR WHAT

PIONEER S-DJ50X

PRICE: P8,500/SPEAKER

There's no reason to keep the music to yourself. Connect your rig to speakers and turn up the volume. Get a set a little bit bigger than what your room requires if you plan to host house parties.

Gear Up: Check out the S-DJ50x active monitor, which offers plenty of juice for a small room setup. This flexible model is great to use as a monitor while playing your sets, but it also functions well for production work when you start creating your original mixes, because it reproduces sound cleanly and with little coloring.

TECHNOLOGIC**MACBOOK PRO (RETINA) 128GB****PRICE: P64,990****IPAD MINI 3 16GB****PRICE: 20,490**

This is the heart and soul of digital DJ-ing—the platform for your controller, music library, and mixing programs. Most new laptops can handle entry-level mixing software. Just make sure to have the necessary ports available (most controllers need one USB port to function) and enough memory for your songs. We suggest organizing your music into folders or playlists to make them easier to manage.

Gear up: The industry standard is still the MacBook, but PCs will work equally well with the proper drivers installed.

MAGIC ENCODED**OPPO TRAKTOR, SERATO, OR VIRTUAL DJ**

After your songs are converted to digital data, these programs can manipulate the tracks with effects and filters. Most programs also have an auto-sync function that matches one song's tempo to another for smoother and easier mixing.

Gear Up: There really is no best DJ software on the market—all of them have pretty much the same functions and can be customized. Fortunately, most programs offer a free trial period, so you can try them and choose which one you like best.

HOUSE MUSIC, LITERALLY

Here are some pro tips on how to set up your room from songwriter, recording artist, and music producer Toto Sorioso, grand prizewinner of the 2010 Filscap Songwriting Competition, and first runner-up of the 2012 and 2014 editions of PhilPop

1 Make sure your room has a little natural reverb or echo. Expensive acoustic padding isn't necessary—curtains, shelves, and foam placed around your room will help absorb sound reflections. An unevenly shaped room will also help disperse the reverb some more.

2 Position your speakers at the same level your ears will be when you do most of your mixing and listening.

3 Try to form a triangle with the speakers and your head, with the distance between the left speaker and your left ear the same as the distance between the right speaker and your right ear.

TAKE CONTROL**PIONEER DDJ-WEGO2****PRICE: P15,990**

DJ controllers serve as an extension of your laptop and software, putting every function at your fingertips. It's possible to mix without one, but a controller definitely makes things a lot easier.

Gear up: The entry-level Pioneer DDJ-WeGo2 has everything you need to start mixing. It works with iOS devices, further reducing the size of your rig. Looking to upgrade in the future? Check out the DDJ-SR. It's not as compact, but it offers more features and options. ■

➤ LOSE THE CABLES

SLIP-FREE, SWEAT-RESISTANT, AND CORDLESS? ROCK HARD AND WORK OUT BETTER WITH THESE BLUETOOTH BUDS

BY ENRICO MIGUEL T. SUBIDO

TRAINING WITH TUNES HAS ITS OBVIOUS benefits. "Music changes the athlete's awareness of his own efforts throughout a workout," explains movement coach and gymnastics trainer Ji Alvarez. "If you strongly identify with the beat, the song becomes motivational."

And as you know, it also has its nemesis—dangling wires. How many times have you done a shoulder press, only to get your headphone cables snagged by the dumbbell? How often are your earbuds pried free from your ears during runs because of swinging lines?

The common remedy, of course, is to simply untangle the wires or pop the buds back in. But there's a smarter solution: a good pair of wireless workout headphones. What should you look for, aside from the Bluetooth option? "[They] should stay in my ears during hard runs, and waterproofing is a must," says triathlon coach Don Velasco of FlyingDonVCoaching. "Durability is also important because I don't want my earphones conking out in the middle of a run. Sound quality, too, because I use them several hours a week." Give these buds a go and say hello to hassle-free, music-filled training days.

AUDIOPHILE'S CHOICE JAYBIRD BLUEBUDS X CAMO EDITION P7,490

Bluetooth sound fidelity will never equal that of wired headphones, but the Bluebuds X does well at maximizing compressed tunes. Bass is deep, highs and mids are well balanced, and sound color and texture details can actually be heard despite the high sound-compression rate. Totally worth your cash if top-notch sound quality motivates you to work out more regularly, and at more challenging intensities.

15-25

Percentage of people in a study conducted by Brian Fligor, chief audiology officer at Lantos Technologies, who listen to music on their headphones too loudly

LONG LIFE SONY STEREO BLUETOOTH SBH70 P4,990

Battery life (or lack of it) has both made and broken many an electronic device. With the SBH70's over eight hours of battery life (providing you don't work out with the volume cranked up to 11), you won't have to worry about running out of juice. Couple that with high-quality Sony sound and you've definitely got a winner.

SMALL WONDER JAYBIRD FREEDOM SPRINT P5,490

These feature the same "wing" design Jaybird models are known for, so you're sure they'll stay in place even during the most intense workouts. But the best thing about them is they are now 40 percent smaller and way lighter than their predecessor. You'll forget they're in your ears after a few minutes—which is important when you're concentrating on more important things, like your running pace.

BASS REFLEX JBL SYNCHROS REFLECT BT P4,590

The Synchros BT is all about the bass, but it also delivers treble clearly and with little distortion. And don't let the price fool you: This pair is the cheapest on this list, but it definitely doesn't sound cheap. Bonus: Thanks to a reflective strip built into the cables, you're sure to be spotted safely from afar by motorists when taking early-morning or evening jogs around the block.

WATER WIZARD BLUEANT PUMP HD SPORTBUDS P6,450

Have you ever taken a swim and listened to music at the same time? Trust us—it's beautiful and trippy, especially with these 100 percent waterproof earbuds. They have Bluetooth connectivity of over 100 feet, so rest assured your device stays dry as you develop your stroke.

1 **MUSE**
Train,
fight,
win



2 **MOVE**
Build
strength
where it
counts



3 **CIRCUIT**
Be an
ankle-
breaker



4 **WEIGHT-
LOSS**
Practice
safety first



5 **NUTRITION**
Wrap up
nutrition



COACH

MensHealth

**KNOWLEDGE TO GET YOU
FITTER, FASTER, AND STRONGER**

EDITED BY WAYNE JOSEPH TULIO AND
GABRIEL A. PANGALANGAN

WATER, MAN

**SOME GUYS SWEAT BUCKETS,
OTHERS CUPS. USE THIS
FORMULA TO KNOW HOW MUCH
TO DRINK DURING A RACE SO YOU
DON'T LOSE MORE THAN 2
PERCENT OF YOUR BODY MASS IN
SWEAT, SAYS EVAN JOHNSON,
PH.D., A UNIVERSITY OF
ARKANSAS RESEARCHER.**



1/ Stand on the Scale

Weigh yourself. Do an hour-long, race-pace run in temperatures similar to those your event will be in. Don't drink (or pee). When you return, weigh yourself again.

EXAMPLE

WEIGHT 1 = 200 LB

WEIGHT 2 = 197 LB

2/ Find Your Sweat Rate

Multiply the difference by how many hours the race will take you. Divide it by your start weight. That's the percentage of your weight you'll lose. Subtract 2 percent.

$$3 \times 2 \text{ HOURS} = 6$$

$$6 / 200 = 3\%$$

$$3\% - 2\% = 1\%$$

3/ Fill Your Bottles

Multiply that number by your start weight, and then multiply by 15.4. That's the amount of water, in ounces, you need to drink to ensure peak performance.

$$0.01 \times 200 = 2$$

$$2 \times 15.4 =$$

$$30.8 \text{ OZ}$$

Men'sHealth

GET FIT

KNOWLEDGE TO GET YOU FITTER,
FASTER, AND STRONGER

"THIS WORKOUT PULLS
TRIPLE DUTY. YOU'LL
STRENGTHEN YOUR
CORE, CHISEL YOUR ABS,
AND MELT FAT."



**EAT AWAY
BELLY FAT**
TO LOCK IN
GAINS, DIAL
IN YOUR DIET

1 CURB JUNK

Limit high-calorie, nutrient-sparse foods like cake and chips to 10 percent of your intake, or 250 calories daily, says *MH* advisor Alan Aragon, author of *The Lean Muscle Diet*.

2 PRIORITIZE PROTEIN

Go for 1 gram of protein per pound of your target body weight daily, says Aragon, to maximize satiety, boost muscle growth, and elevate your metabolic rate.

3 FOCUS ON FRUIT

It provides your muscles with carbohydrates to fuel intense training. It also packs vitamins, minerals, and phytonutrients to promote health, Aragon says. Try to consume two to four servings a day.

08.15

MH

Fast-Track Your Six-Pack

Prepare to lose your shirt with
the ultimate core-carving
exercise plan

IT DOESN'T HAVE TO BE THE SUMMER SEASON for you to bolster your core. After all, a chiselled trunk comes in handy even when you aren't at the beach.

"Your core—which includes every muscle in your torso—is the foundation for all movement," says Dan Ownes, a trainer at the Parisi Speed School in New Jersey and the creator of this month's Best New Workout. "In addition to providing stability, it transfers power between your upper and lower body."

That makes building a strong center essential for everything you do. But you won't build one with crunches. Why? Because the crunch works only the muscles that flex your spine. True core exercises, like those in the circuits on the next page, target the muscles that stabilize it. "Every rep of every move in this workout will force you to engage every muscle in your torso," says Ownes.

By the time you're done, your core will be cooked—along with the rest of your body. And because there's only a minute of rest between each circuit, your heart rate will remain high, maximizing your burn. "This workout pulls triple duty," says Ownes. "You'll strengthen your core, chisel your abs, and melt the fat that's covering them."

—MICHAEL EASTER AND GABRIEL A. PANGALANGAN

COACH

Men's Health

08.15



DESIGNED BY

Dan Owens, C.S.C.S., elite trainer at the Paris Speed School

BEST FOR

Boosting metabolism, packing on lean mass, and sculpting every muscle in your core

EQUIPMENT

Dumbbells, bench, medicine ball, box, power rack with bar, Swiss ball, Valslides (or other sliding device)

CALORIES BURNED

321*

TIME 30 minutes

*As measured by a fit 6'2", 185 lb man using a Polar M400 heart rate monitor

**HARD-CORE
POWER BOOST
3 EASY WAYS TO
MAKE EVERY
AB MOVE MORE
EFFECTIVE.**

EXHALE COMPLETELY

Doing so at the start of a move brings your ribs down and fully activates your abs, says Doug Kechijian, D.P.T., at Peak Performance in NYC.

BREATHE DEEPLY

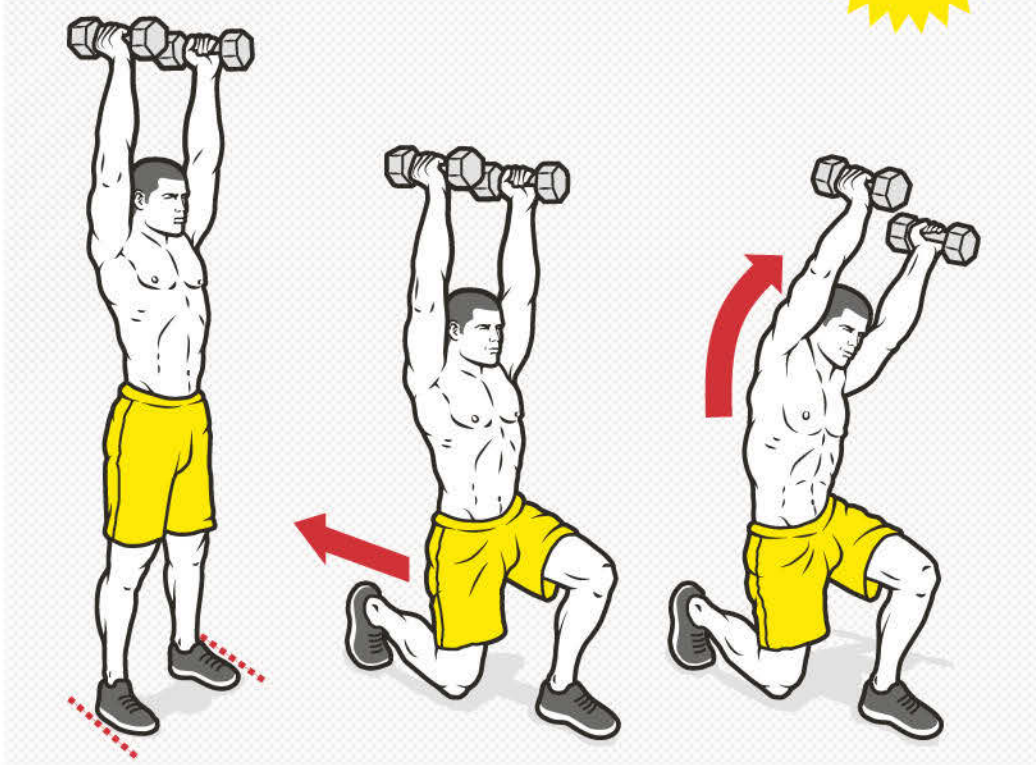
Keeping your ribs down and breathing deeply as you do the move will boost your stability, spinal support, and power, says Kechijian.

ROUND YOUR UPPER BACK

Slightly rounding just your upper back engages your abs and your diaphragm, your body's strongest breathing muscle.

1/ Overhead Alternating Reverse Lunge with Side Bend

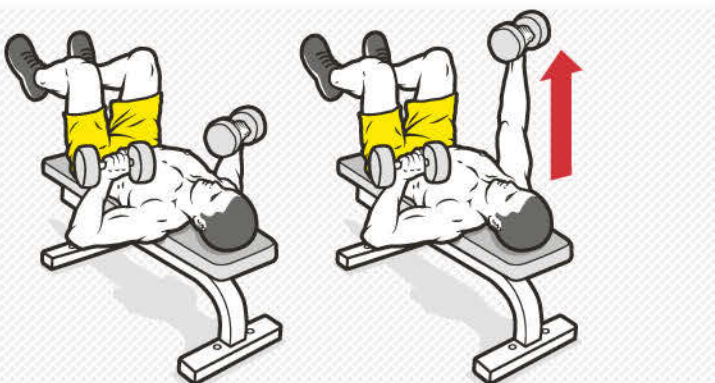
Hold a pair of dumbbells over your shoulders, your feet shoulder-width apart. Step back with your right leg into a lunge, lean left, and return to the starting position. Do all your reps on your right leg and then repeat with your left leg (leaning right). **Reps:** 8 per leg



**BEST
NEW
WORKOUT
AUGUST
2015**

2/ Feet-Elevated Dumbbell Alternating Chest Press

Lie on a bench holding a pair of dumbbells at the sides of your chest, palms forward. Raise your legs so your hips and your knees are both bent 90 degrees. Press the weight in your right hand straight up above your chest; then lower it. Repeat with the weight in your left hand. Continue alternating. **Reps:** 8 per arm



The Abs Accelerator

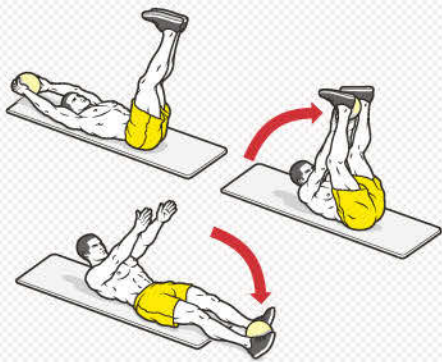
INCINERATE FAT AND PACK ON MUSCLE YOU'LL BE PROUD TO SHOW OFF—IN JUST 30 MINUTES A DAY.

DIRECTIONS

For the next month, replace one workout a week with this routine. Perform each exercise in the order shown without resting between moves. Once you've finished all eight exercises, rest for 1 minute. That's 1 circuit. Do 3 circuits to complete the workout.

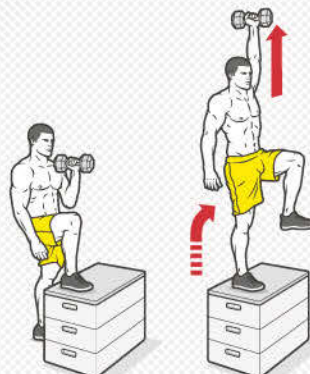
3/ Medicine Ball Transfer

Lie faceup on the floor with your legs straight and hips bent 90 degrees. Hold a medicine ball above the top of your head. Keep your arms straight, raise the ball and place it between your ankles. Lower it to the floor with your feet; then raise it back up, grab it with your hands. Return to the starting position. **Reps: 12**



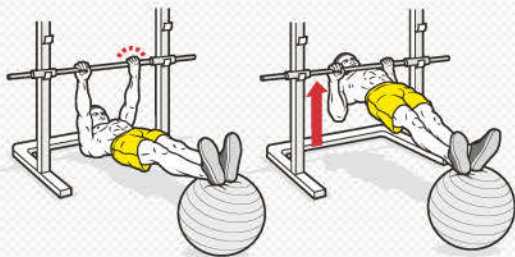
4/ Offset Step-up Shoulder Press

Hold a dumbbell in your left hand in front of your left shoulder, palm in. Place your right foot on a tall box. Simultaneously step up with your right leg, raise your left knee, and press the dumbbell directly above your shoulder. Return to the starting position. Do all your reps, switch sides, and repeat. **Reps: 8** per leg



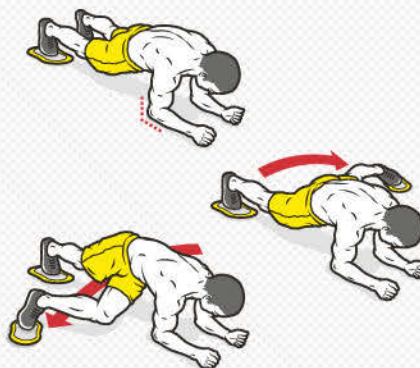
5/ Mixed-Grip Feet-Elevated Inverted Row

Set a bar to waist height and position yourself beneath it, hanging at arm's length with one hand facing forward and the other facing back. Put your feet on a Swiss ball. Pull your chest to the bar. Lower and repeat. Switch hand positions after 4 reps. **Reps: 8**



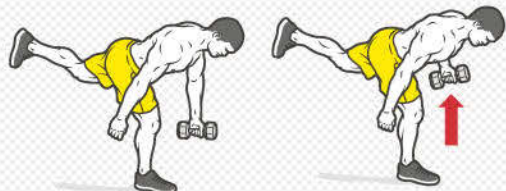
6/ Side-to-Side Glider Plank

Assume a plank position with your elbows bent 90 degrees and feet shoulder-width apart on Valslides (or hand towels—anything that slides). Move your left foot in an arc away from your body, and then pass it beneath your body, to your right. Do all your reps; then repeat with your right leg. **Reps: 10** per leg



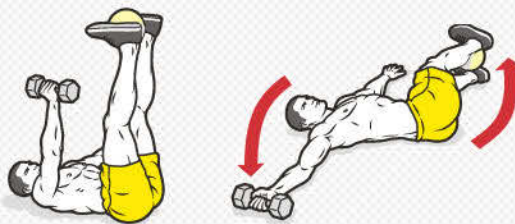
7/ Single-Leg Straight-Leg Deadlift and Row

Stand with a dumbbell in your left hand and your weight shifted onto your right leg (lift your left foot slightly off the floor behind you). This is the starting position. Push your hips back and hinge forward, raising your left leg. Row the weight to your side. Return to the start. Do all your reps, switch sides, and repeat. **Reps: 8** per side



8/ Weighted Half Wiper

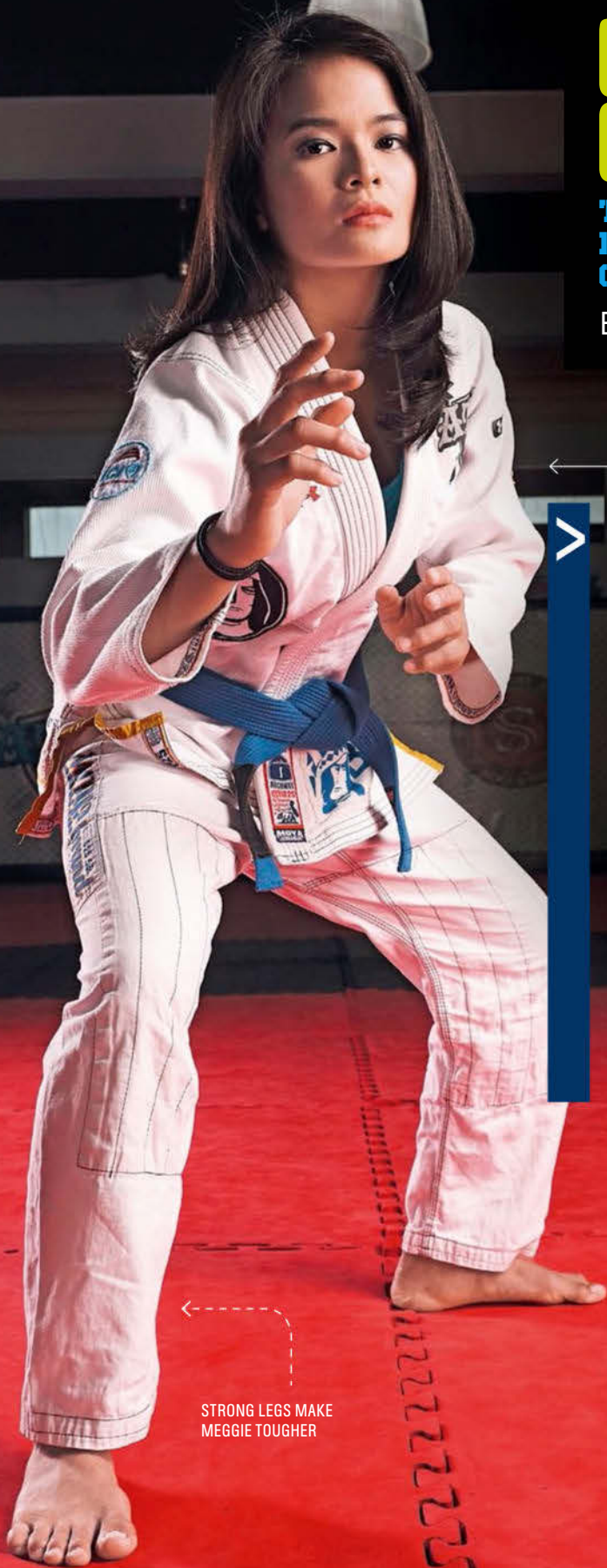
Lie on your back holding a medicine ball between your feet, keeping your legs perpendicular to the floor. Hold a dumbbell in your right hand directly above your chest. Lower your legs and right arm to the floor in opposite directions. Reverse the move to return to the starting position. Complete all your reps, switch arms, and repeat in the other directions. **Reps: 10** per side



ROLL WITH HER DRIFT

THE TRAINING SECRETS THAT MADE EXPERT GRAPPLER MEGGIE OCHOA A WORLD CHAMPION, REVEALED

By Gabriel A. Pangalangan • Photographs by Jay Tablante



STRONG LEGS MAKE MEGGIE TOUGHER

Barely five feet tall and weighing a little over 100 pounds, Meggie Ochoa is one woman you wouldn't want to mess with—unless you have the guts to roll with an expert grappler. Ochoa is a winner of Brazilian jiu-jitsu (BJJ) world titles at the 2014 and 2015 World Jiu-jitsu Championships, at the white- and blue-belt level of her weight class, respectively.

Even more impressive, she hasn't been doing the sport for that long. "I started doing mixed martial arts (MMA) first and I really liked it," shares the 25-year-old BJJ blue belt. "I didn't have a lot of people to compete against given my weight class, so my coaches suggested I concentrate on BJJ instead. I started training in January of 2013, and I haven't stopped since."

Ochoa's coaches believe that more than her natural knack for grappling, it's her strong mindset that has helped her progress this far. "*Kapag may gusto siyang gawin, hindi mo siya ma-distract*," says Froilan Sarenas, a BJJ brown belter and one of Ochoa's instructors at Ultimate Fitness in Pasig City.

Ochoa's steely focus is set on a new goal from here on out: to win a world title at every belt (purple, brown, and black) for her weight class. Take note as she shares how you can have a mindset like hers and turn tricky training situations in your favor.

1

BE CONSISTENT

"You need to have a routine to follow. If your schedule only allows you to train three times a week, then make the most of those three times a week. I train twice a day every day because progress in jiu-jitsu requires consistency. It's such a fast-growing sport that if you take a break for, say, two years, then you'll be lost."





2

CREATE YOUR OWN FLOW

"I love the room for creativity in BJJ. It fits any person or body type. *Kung maliit ka*, you can build around your body size and even create your own moves. Learning is limitless and you can be creative [whatever sport you play]."

3

NEVER SCRIMP ON EFFORT

"Mediocrity is worse than failure. For me, it's better to fail if you gave it your all than to try something half-hearted and succeed. In anything that I do or commit myself to, I make it a point to give it everything I've got. All out ako for jiu-jitsu. I may not excel in everything that I do, but I give it my all, every single time."

4

STAY READY AT EVERY ANGLE

"The sport is quickly evolving, and you can't just stick to one technique or else you'll plateau. Be open to new techniques and training methods. *Maya't maya, ang damping pagbabago at kailangan masabayan mo*. But before anything else, master the basics and train consistently."

Eat Like a Champ

Fuel up for the fight with Ochoa's nutritional rules

Have a green smoothie. "It fills you up and has the nutrients you need." Her favorite combo: Strawberry, mango, *talbos ng kamote*, coco water, and powdered camu-camu berries

Avoid fried food and sweets. "If you must end a meal on a sweet note, then take one bite and that's it."

Stay full with more fruits and vegetables. "This way, you won't look to snack on something indulgent." Her fruits of choice for competition: bananas and dates (A sweet, energy-packed fruit. Sorry, gents.)



Drill It to Win It

Erwin Tagle of Ultimate Fitness Metrowalk, where Ochoa trains, recommends these BJJ-based exercises to "burn fat, improve coordination, and develop mental and physical toughness." Do each in a circuit for 3 to 5 rounds.



Sit-outs

1. Assume a bear-crawl position: hands on the ground slightly wider than shoulder-width apart, feet hip-width apart, hips at the same level as your head.
2. Lift your left hand off the ground and kick your right leg underneath you toward your left side, perpendicular to your body.
3. Return to the starting position, then repeat the movement with your opposite hand and leg. Alternate for 30 seconds.



Triangle Choke Simulation

1. Sit on the ground with your knees bent and your feet flat on the floor.
2. Lie down, then kick your feet up to the ceiling and extend your hip. Only your upper back should be touching the ground.
3. Place your right ankle behind your left knee, then bend the left knee.
4. Return to the starting position, then repeat the move, switching the roles of your right and left legs. Alternate for 30 seconds.



Lunges

1. Stand with your feet shoulder width apart, your knees bent, your back straight, and your arms at a 90-degree angle.
2. Lunge forward with your right leg until your left knee almost touches the mat. Return to the starting position and do the same with your left leg. Alternate lunging legs for 30 seconds.

Grooming by ELAINE GANUELAS. Clothes by UNDER ARMOUR. Shot on Location at ULTIMATE FITNESS GYM

STRONG MAN MOVE

BUILD SINGLE-LEG STRENGTH AND OVERALL POWER IN ONE GO

By Gabriel A. Pangalangan



THERE'S ARGUABLY NO BETTER MOVE TO develop total body strength than to bow down—specifically, to do the single-leg Romanian deadlift.

“Like the traditional deadlift, this move works the posterior chain, from your glutes to your hamstrings,” shares Paulo Sotelo, F.M.S.C., a senior coach at 360 Fitness Club in Alabang. And it doesn't just burn plenty of calories, but also strengthens your knees against injuries like a torn ACL.

Adds Todd Durkin, C.S.C.S., author of *The Impact! Body Plan*, “The instability of single-leg exercises activates more muscles as you try to stay balanced.” This makes the single-leg Romanian deadlift easy to mess up. Master it properly and reap the strength benefits all over your body.

Extend your non-lifting leg to the back as you bend forward.

Keep your back straight and your spine extended.

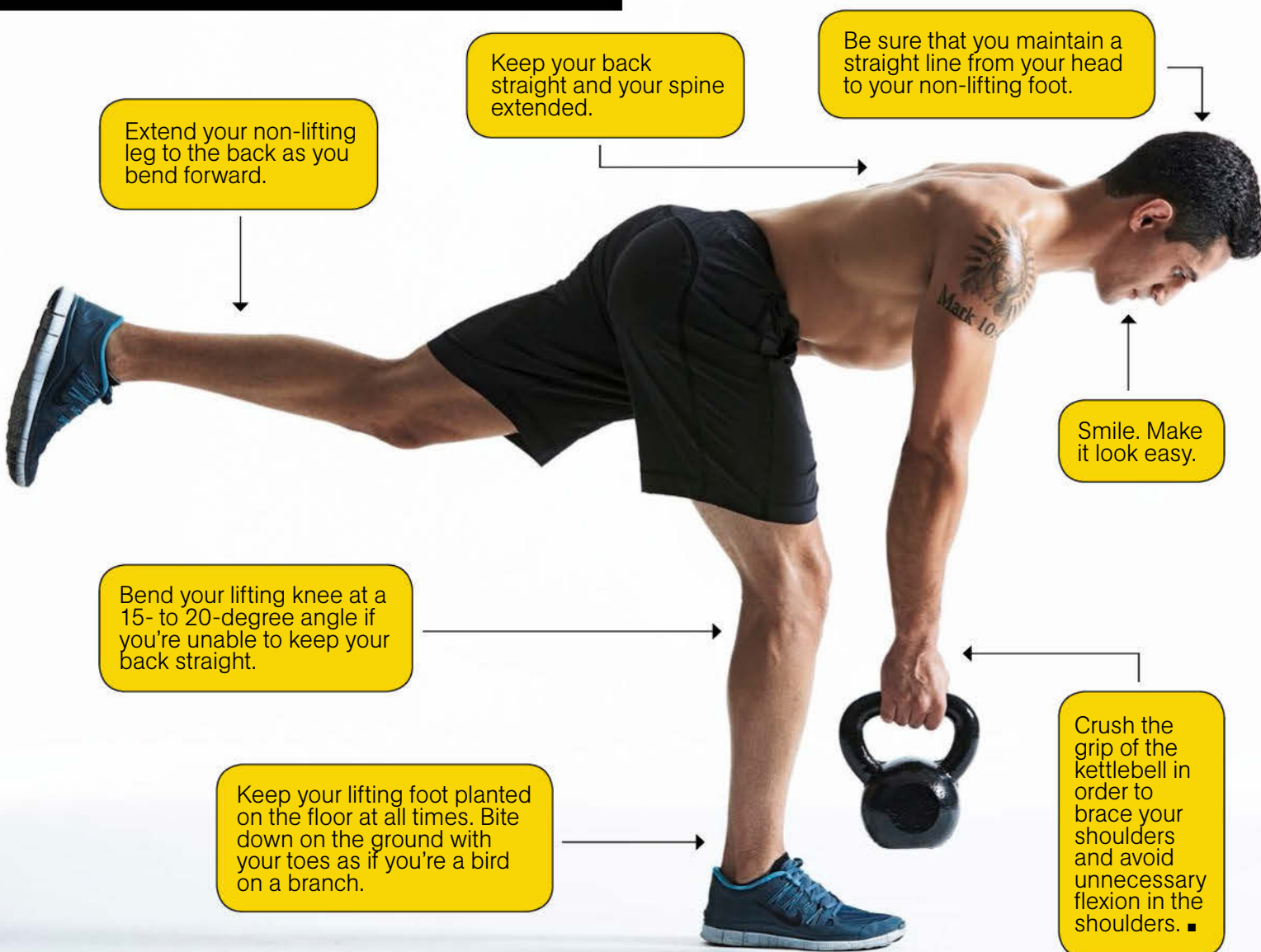
Be sure that you maintain a straight line from your head to your non-lifting foot.

Smile. Make it look easy.

Bend your lifting knee at a 15- to 20-degree angle if you're unable to keep your back straight.

Keep your lifting foot planted on the floor at all times. Bite down on the ground with your toes as if you're a bird on a branch.

Crush the grip of the kettlebell in order to brace your shoulders and avoid unnecessary flexion in the shoulders. ■



LIFT OFF

There's more than one way to add the single-leg Romanian deadlift to your training

USE IT TO WARM UP

If you're unfamiliar with the move, a weightless version (body weight or with a dowel aligned at the back of your spine) can be added to your warm-up during movement preparation.

HAVE A LEGENDARY LEG DAY

Pair it with a squat for an extra-superset. Use it to master a proper deadlift. If you can't do a deadlift without curling your back, swap it for a single-leg RDL.

IMPROVE YOUR HANDLES

BOOST HAND-EYE COORDINATION AND CRISS-CROSS YOUR WAY TO THE RIM WITH THESE MOVES

By Jose Gemora, C.S.C.S.
Illustrations By Carlo Maala



Mad ball-handling skills are a must if you wish to dominate on the basketball court. Just look at recently crowned 2015 NBA champ and MVP Stephen Curry. What most people praise about his game is his unholy range. But he uses his equally dazzling dribbling abilities to set up his jumpers, rendering him dangerous and nearly unguardable. A critical but undervalued aspect to cook like Chef Curry: hand-eye coordination.

This skill manifests itself in how well you can control the ball while running, jumping, passing, and, most important, getting it into the ring. Fortunately for you, developing better hand-eye coordination can be done both on and off the court. Bring out your A-game with these five coordination drills.

INSTRUCTIONS

Perform each exercise for 30 seconds before moving on to the next to complete one round of all the exercises. Do a total of 3 to 4 rounds, resting for 1 to 2 minutes between each round. Note: Do the Shoe Get-up for 30 seconds on one side before doing another 30 seconds on the other.

BEAR CRAWL

[1] Get down on all fours with your toes and palms on the floor, your wrists directly under your shoulders, and your knees beneath your hips. **[2]** Crawl forward by moving your right leg and left arm forward, keeping your hips high and your back flat. Then, move your left leg and right arm forward.



SHOE GET-UP

[1] Lie face up, right leg extended, left leg bent at the knee, left foot flat on the floor. Extend your right hand against the floor, with a shoe rested on your left fist above you. **[2]** Prop your upper body up, extend your hips, then plant your right knee beneath you. Stand up.



TENNIS BALL DRIBBLING

[1] Get into a triple threat or athletic stance. **[2]** Dribble the tennis ball in one hand as if it were a basketball. Perform dribbling drills like crossovers in front and behind you, and between your legs.



TENNIS BALL TOSS

[1] Hold a tennis ball in each hand and assume an athletic stance. **[2]** Dribble one tennis ball with your right hand while tossing the other tennis ball up with your left hand and catching it. Switch sides.



SKIP ROPE

[1] Grab a jump rope by its handles and stand with your feet less than shoulder-width apart. **[2]** Swing the rope in front of you, then jump over it with a low bounce. Turn the rope using your wrists and try not to move your shoulders and elbows excessively. ■



CRASH AND BURN

DO WONDER WORKOUTS REALLY WORK WONDERS? MH INVESTIGATES

By Paulo Sotelo, F.M.S.C.



IF THERE WERE SHORTCUTS TO REACH a fitness goal, at least 85 percent of men would probably take that route. At some point, you've likely read an article online (or even from this magazine) about a workout that "burns X calories in Y minutes." Perhaps you've tried to do one of these wonder workouts, too. If you have and you're wondering why there's little or no change happening to your body, let us help make things clear for you. We've looked at research to debunk the following myths to help you improve your training. The evidence we've found is undeniable. See for yourself.

THE HOT HYPE: Short, quick, four-minute workouts a day are enough to get fit.

THE COLD TRUTH: Only if you go all out.

The rise in popularity of high-intensity interval training (HIIT) spreads the message that you don't need to spend countless hours working out to get results. It's partially true. Doing HIIT 2 to 3 times a week can actually do wonders for your body—like maximizing the efficiency of your heart and decreasing the occurrence of cardiovascular disease. But some popular express

INTENSITY IS GOOD BUT YOU CAN'T LIVE ON SHORT WORKOUTS ALONE

routines fail to incorporate the most important thing for short but sweet workouts to work: You have to go all out!

When Izumi Tabata, Ph.D., did his four-minute workout experiment in 1997, it led to what we now know as the Tabata Protocol. This requires you to go at 170 percent of your VO2 max—basically, you need to go at an all-out, balls-out pace. This study is still what experts refer to.

To give you an idea: Imagine sprinting for your life while being chased by a dog (say, a rottweiler) for 20 seconds, then stopping for 10 seconds. Repeat that sequence for eight rounds. Steady-pace jogging and jumping jacks won't cut it. It will help improve your cardio, but strength, flexibility, and all other fitness metrics are yet to be accounted for. Oh, and did we mention you have to eat clean, too?

THE HOT HYPE: Four-minute workouts can burn 500 or more calories.

THE COLD TRUTH: Not within that time period, of course, because that's physically impossible.

The American College of Sports Medicine (ACSM) has devised a way to calculate the required amount of kilocalories (kcal) needed for a specific activity using metabolic equivalent (MET) values (Google it if you want the exact formula). Basically, using

the ACSM's equation, a 150-pound guy running at 16 kilometers per hour would expend approximately 17.3 kilocalories per minute. If he wants to burn 500 calories or more, he needs to maintain the pace for 30 minutes. Of course, it varies with your own weight and the pace of exercise. But duration plays a part in burning calories during exercise. What you burn after is an entirely different matter because that also factors in what you eat and drink, what kind of workout you do, and how much you move after.

THE HOT HYPE: Running alone can help tone and strengthen your legs.

THE COLD TRUTH: Swapping running for leg day makes you an injury-prone runner.

Make no mistake: Running is a great form of exercise. It's fairly cheap to get into, and you can do it pretty much anywhere. But a lot of runners avoid resistance moves because they believe pounding pavement already tones and builds lower-body strength, anyway. What they fail to consider is that most people don't run with the correct mechanics—due to a number of factors like sitting all day, too much cushioning in shoes, and weight, to name a few.

According to Evan Osar, Ph.D., developer of the Integrative Movement System, you should be able to develop stability in your

lower extremities, and maintain hip, knee, and ankle alignment in movement in order to earn the right to run. Practice knee-dominant moves that develop single-leg stability like split-squats, rear-foot elevated squats, and step-ups to help you run better and longer.

THE HOT HYPE: Sprint-type cardio is enough to build endurance.

THE COLD TRUTH: For sprinting, and only that.

Our bodies have three different muscle types: Slow twitch or Type I, and fast twitch, divided into Type IIA and IIB. Each of these muscle-fiber type fires up for specific activities. The book *Essentials of Strength Training and Conditioning* explains that slow twitch fibers are involved in low-intensity, long-durations activities like marathon running. Fast twitch fibers are involved in short-duration, high-intensity movement. To build endurance both cardio and muscular, it all boils down to specificity in training. You can't just run sprints if you plan to tackle 42K.

THE HOT HYPE: You need to shock your body every workout.

THE COLD TRUTH: Periodization is important for efficient and smart training.

Some workout programs seem to subscribe to a one-size-fits-all theory—prescribing something different each time without taking into account your personal goals. Yes, you'll see some improvement, but it will be relatively slower compared to a guy who specifically trains to improve.

A better approach is to not go beast mode all the time, bro. The goal of periodization is to maximize your potential to reach peak condition by varying training volume and intensity. This way, you'll not only peak at the right time, "but also the potential risk for overtraining is reduced," says Jay R. Hoffman, Ph.D., F.A.C.S.M., C.S.C.S., in the article "Periodized Training for the Strength/Power Athlete" published in the *Performance Training Journal*. Make sure you increase intensity or load each week for four weeks, then lessen the load every fifth week to see improvements. ■

THE TRAINER

Paulo Sotelo, F.M.S.C., is the senior coach at 360 Fitness Plus in Alabang. He is also a certified coach by the following bodies: Functional Movement Systems, International Kettlebell Sport and Fitness Academy, Columbus Weightlifting, and TriggerPoint Performance.

THERE'S ROOM FOR HIIT

▶ Yes, it's a fad. But it has a place in your regular routine if done correctly

1. Use it as a finisher

Do your four-minute "Tabatas" and AMRAPs ("as many rounds as possible") after your strength training sessions. This extra part of your workout will help you burn more calories and improve metabolic conditioning.

2. Do it on your off days as active rest

This one's for the advanced lifters: If you think that a day not spent for training is a day wasted, try incorporating quick HIIT sessions during days off the gym as a form of active rest.

3. Escalate density

Alwyn Cosgrove's book *The New Rules of Lifting* advocates this. Do your favorite short workout and use it as a measurement of your improvement. Every time you do it, try to beat your personal best—be it time, reps, or weight. Still, proper form is a must!





PICK LOW-CARB
VEGGIES

QUALITY
PROTEIN IS A
MUST FOR
WRAPS

NOW THAT'S A WRAP

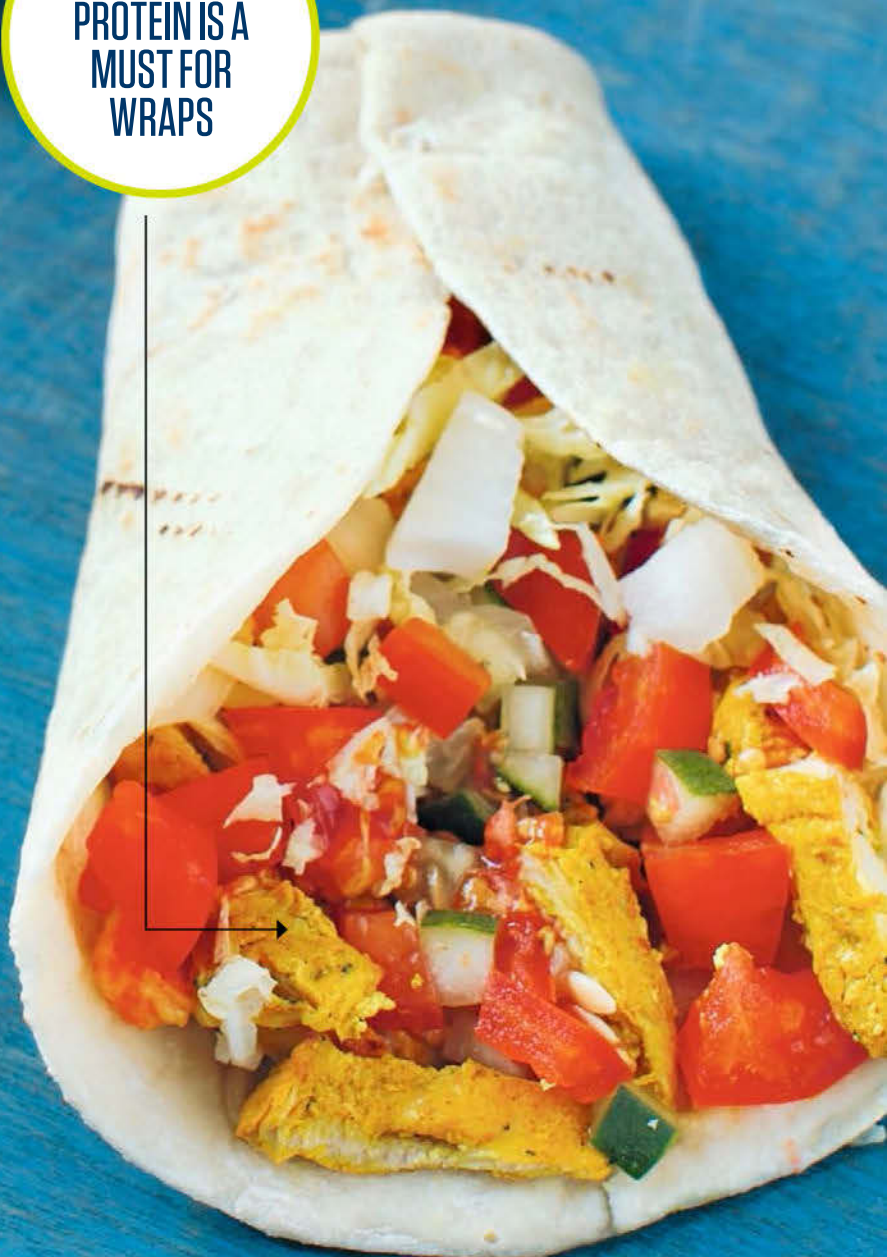
NEED A QUICK MEAL FIX THAT'S GREAT FOR POST-WORKOUT NUTRITION OR FOR PACKING IN SOME PROTEIN? WE'VE GOT YOU COVERED

By Regine Rafael • Photographs by Aldwin Aspillera



YOU CAN GO AHEAD AND ADD wraps to your list of healthy foods—that is, if you know how to do them right. A wrap is a type of sandwich, usually a soft flatbread filled with tasty meat and fresh vegetables. And there are all sorts of wraps from around the world—from Greek gyros to Mexican burritos.

While the variety is awesome, what you put in your wraps still matters. After all, there's a huge caloric difference between lean chicken breast with mustard and chicken thighs with mayonnaise. But with the right ingredients, you can easily whip up a delicious and nutritious meal that won't add inches to your belly. Start wrapping with these rules.



RULE #1: Pick the right wrapper

Healthy carbs are a must especially if you're active. "Wholewheat pita bread and corn tortillas are the way to go," says sports nutritionist Harvie De Baron of the Baron Method. Most wraps use regular pita—it's soft and fluffy, making it an excellent canvas for vibrant flavors and textures you'll eventually add in. But the best option for your gut is high-fiber wholewheat bread, which helps keep you full and aids your digestion.

RULE #2: Pile in the good protein

Your choice of protein can make or break your wrap. "The quality of meat is crucial. You should use self-marinated meats cooked in good-quality oils," De Baron stresses. How you cook the meat matters, too: "If it's deep-fried in bad oils, then you've already bumped up the calories." Either bake it or grill it—this way, you'll use less oil and bring down the caloric load of your wrap. Oh, and stick to leaner cuts as well.

RULE #3: Get better veggies

Vegetables are nutrient-dense, but it's still important to pick the right ones. Opt for low-carb veggies that add texture and boost flavor. "I love using sweet, juicy nutrient-dense tomatoes in my wraps," shares Chef Aga Tomawis of The Fat Persian. "I also love using cucumbers since they're so refreshing, and their cool crunch adds extra bite, while onions give a wonderfully pungent flavor and even more crunch."

RULE #4: Dress 'em well

Instead of calorie-loaded creamy dressings, go for tomato salsas or homemade mayonnaise. "Mayonnaise-based sauces are usually considered unhealthy, but if you make it yourself, it's a game-changer," explains De Baron. "Mix olive oil with egg yolks, a bit of salt, mustard, and garlic. It's a great healthy mayo alternative." Once you have this formula down pat, your taste buds and stomach will both be satisfied. ■

WRAP STARS

Make your own shawarma with these recipes from Chef Aga Tomawis of The Fat Persian

BEEF SHAWARMA

Serves 2

Prep Time 5 minutes,
plus marinating time
Cooking Time 5 to 7
minutes

Ingredients:

250 g beef sirloin
2 tomatoes, diced
1 medium white
onion, diced
150 g cucumber, diced
50 g pechay Baguio,
thinly sliced
2 (8-inch) pita bread

For the Beef

Marinade:

4 tbsp water
1 tbsp soy sauce
¼ tsp salt
¼ tsp pepper
1 tsp vinegar
1 tsp beef marinade
(try Mama Sita's)
¼ tsp curry powder

Make it:

1. Marinate the beef for one hour, covered, in the refrigerator.
2. Put the marinated beef on skewers, then cook on a hot grill for 5 to 7 minutes, or until cooked through. Slice into strips and set aside.
3. Top the pita bread with tomatoes, onion, cucumber, pechay Baguio, and beef strips. Drizzle with your preferred sauce, then roll up the bread to make a wrap.



CHICKEN SHAWARMA

Serves 2

Prep Time: 5 minutes,
plus marinating time
Cooking Time: 5 to
7 minutes

Ingredients:

400 g chicken fillet
2 tomatoes, diced
1 medium white
onion, diced
150 grams diced
cucumber
50 grams pechay
Baguio, thinly sliced
2 (8-inch) pita bread

For the Chicken

Marinade:

¼ tsp salt
1 tsp calamansi juice
½ tsp soy sauce
½ tsp vinegar
¼ tsp black pepper

Make it:

1. Marinate the chicken for two hours, covered, in the refrigerator.
2. Put the marinated chicken on skewers, then cook on a hot grill for 5 to 7 minutes, or until the meat is bright yellow. Slice into strips and set aside.
3. Top the pita bread with tomatoes, onion, cucumber, pechay Baguio, and chicken strips. Drizzle with your preferred sauce, then roll up the bread to make a wrap.



THE PERFECT WORKOUT MATRIX

DESIGNING A TRAINING PROGRAM THAT CATERS TO YOUR SPECIFIC GOALS COULD BE THE BEST THING YOU'LL DO FOR YOUR BODY

By Trisha Bautista

THE FAST TRACK SOLUTION:
HAVING THE RIGHT PLAN



TRAINING IN THE GYM IS WORSE than being sedentary on two occasions: When you work out without a plan, or when you're doing a program that doesn't fit your needs. At least when you choose lounging on your couch rather than stepping in the gym blind, you save time and money. Plus, you spare your body from pain or, worse, a bad injury.

Now, we're not telling you to shun exercise. According to the American College of Sports Medicine (ACSM), a regular exercise routine that includes cardio, resistance, flexibility, and functional training is essential for most adults. What we're saying is that you should be smart in everything you do, including your workout. By mapping out and following a specialized program, you can make the most of your time and effort spent in the gym. We've talked to some experts to help you optimize your routine. Here's your step-by-step guide.

1/ DECIDE ON YOUR GOAL Getting started on any fitness program is useless if you don't know why you're in the gym in the first place. Are you trying to bulk up? Lose weight? Get more lean muscle mass? The kind of workouts you do will all depend on what your goal is. And according to ACSM's recommendation, your exercise program should be modified according to your habitual physical activity, physical function, health status, exercise responses, and stated goals.

2/ SET THE PARAMETERS Once you've set your goal, map out your plan of action realistically. If, for example, you want to lose weight, that means you have to burn more calories than you consume. Think of it as a simple equation: calories out > calories in. Boyet Trinidad, running coach, power lifter, and head personal trainer at Gold's Gym in New Manila, stresses the importance of understanding where the calories go: "A pound is equal to 3,500 calories, so that means you

To avoid imbalances in muscle and bulk, Trinidad suggests working out all muscle groups by going for full-body exercises, then adding extra exercises for a particular body part you want to build. "If you want bigger shoulders, for example, instead of working out just your shoulders and nothing else, add extra shoulder exercises to your regular full-body routine," he says.



have to be burning at least that amount of calories every week." Here's how to do the math: Divide 3,500 by the number of times you can work out in seven days. For example, if you work out five times a week, you'll have to burn 700 calories each training day. At the end of the week, you can reach that 3,500-calories-burned recommendation.

3/ FIGURE OUT YOUR WORKOUT EQUATION AND TRAINING CAPACITY

Always remember that a good workout program should include cardio, resistance, flexibility, and functional training. Factor these in when you distribute your weekly workout schedule. "Whatever your goal is, these five components should always be present in your program," Trinidad says. The National Health Service in the UK prescribes at least 150 minutes of moderate-intensity aerobic activity per week—or 75 minutes of vigorous aerobic activity, aside from two or more days of strength training.

4/ FOCUS ON THE BIG MUSCLE GROUPS

As a general rule, Bok Santos, celebrity trainer and head coach at Platinum Fitness, recommends a program focusing on exercises that use large muscles. "Such exercises will burn more calories, boost your metabolism, and maintain muscle mass," he explains. Stick to strength-training workouts that target the main muscle groups to prevent muscular imbalances. Santos says you must include exercises that involve each major muscle group every time you work out. Think barbell squats, deadlifts, and shoulder presses.

5/ GET SOME R&R Many people have a tendency to overwork their bodies when on a program. However, according to a paper published by the ACSM, "A rest period of 48 to

72 hours between sessions is needed to optimally promote the cellular/molecular adaptations that stimulate muscle hypertrophy and the associated gains in strength."

6/ PICK UP THE PROGRESS To avoid plateauing, make sure you're constantly challenging your muscles. Experts recommend increasing the amount of weight you're lifting progressively by 10 percent every week, adding more repetitions, or shortening rest periods, depending on your goals.

7/ MIX IT UP FROM TIME TO TIME

Try different types of exercises, consult professional trainers, and read up on the varieties of exercise. Check out different programs in various gyms, too, so you can mix and match or even pattern your own after the ones that fit your workout intensity, schedule, and personal preference. ■

HOW HEAVY SHOULD I LIFT?

"Find out your '1RM,' or one repetition max," says Trinidad. This means the heaviest weight you can lift for one rep. "If you're aiming for hypertrophy or muscle gain, you should be lifting 70 percent of your 1RM. If you want to slim down, you should be lifting 40 to 50 percent of your 1RM, doing more repetitions. Do 8 to 10 reps of 60 to 70 percent of your 1RM for maintenance."

SOURCES

Foundations of Professional Personal Training by Canadian Fitness Professionals, Inc.; *US Army Pocket Physical Training Guide*; Human Kinetics, Canada; trinkfitness.com; "Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults: Guidance for Prescribing Exercise" in *Medicine and Science in Sports and Exercise*; "Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults" in *Medicine and Science in Sports and Exercise*.

CUSTOM FIT

By Gabriel A. Pangalangan

BANISHING THAT BELLY IS A MATTER OF FINDING A PROGRAM THAT WORKS FOR YOU



AFTER

LIFT OFF
SWAP FAT
FOR FIT!

ADD WEIGHT
TO LOSE WEIGHT



AGING IS A COMPLICATED NUMBERS GAME. As you add years to your life, you subtract from your body's metabolism speed and testosterone development, especially after you're past 30, according to MH US fitness adviser Phillip Rhodes. If you keep munching away like a college kid, you also add inches to your belly and pounds to your weight.

Jose Bondoc is a classic example. "When you're young, *mabilis pa* metabolism *mo*. *Pwede kang mag-crash diet* in one week," he reminisces. "When I got older, even if I did boxing and didn't eat that much, I kept gaining weight until I reached 200 pounds at the age of 31."

Despite being a gym regular, Bondoc struggled to lose weight. The problem? He lacked real direction. "*Di ako marunong mag-bench press or squat*. I'd base my form and exercises on what I'd see others doing at the gym," he admits with a laugh.

In mid-2014, he decided to trade in his "*bahala na*" workout approach for a personal trainer, and his treadmill cardio for circuit training—and that's when the fat began to melt away. "Different things work for different people. For me and my trainer, we felt *na mas naglo-lose ako ng weight sa strength training*," he says. Hitting the gym with his trainer 3 to 5 days a week helped him shed 35 pounds and four inches on his waist in just six months. As a major bonus, he also got stronger. "One-rep max *ko sa squat* before was 70 kilograms. Last month, I reached 85. Our new goal is 90," he shares. Clearly, Bondoc is playing a different numbers game now, and he's doing it well.

VITALS



BEFORE

WEIGHT BEFORE

200 lbs

WEIGHT AFTER

165 lbs

NAME

Jose Mariano Bondoc

AGE 34

OCCUPATION

Businessman

HEIGHT 5'7"

REACHED HIS GOAL IN 6 months

BUILT LIKE BONDOK

Blast fat and build strength with these moves

LUNGES

Hold a kettlebell upside down in both hands like a goblet. Step forward with your right leg and bend your knees. Bend your right knee no further than your toes. Do 3 sets of 10 reps per leg.



WINDMILLS

Stand wide with a kettlebell in your right hand directly above you. Bend your torso and touch your left foot with your left hand, keeping your knees locked and the bell in place. Do 3 sets of 10 reps per side.



Set Up Success

Foolproof your fitness plan with Bondoc's winning strategies

Count Your Calories

I use an app called My Fitness Pal (available for free on iOS and Android) to make sure I don't exceed 2,000 calories a day.

Keep Pace

Find a youthful gym. *Iba yung* energy levels and strength *ng* younger generation, forcing you to push harder to keep up.

Get Guidance

Get a personal trainer *para ma-instill yung* good habits *sa'yo*. It may be costly, but you'll up your chances of reaching your goals in the long run.



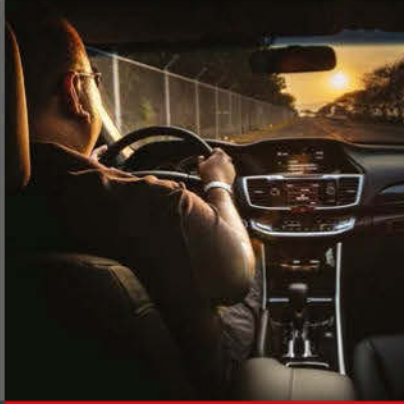
INSPIRING



20



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VARIETY IS KEY FOR STRONG SHOULDERS

BUILD SUPER SHOULDERS

CONSIDER THIS YOUR BLUEPRINT TO A BROADER AND STURDIER FRAME

By Vince Vega
Illustrations By Louie Arenas



UNLESS YOU'VE BEEN EXPOSED TO GAMMA radiation recently, the express lane to hulking shoulders does not exist. Your sure-fire strategy to bulking up these body part starts with understanding their complexity. Because your shoulders have three parts—namely, the anterior (front), medial (side), and posterior (rear) deltoids—you have to work out smart to develop them well.

“Shoulder muscles can be stubborn to train, and you need to do a variety of exercises to get mass and definition, and also to target all three deltoid heads,” says Jacob Ochoa, a fitness trainer at F45 Training in Bonifacio Global City (www.f45training.ph).

Mastering the correct form for shoulder exercises (see “Mass Attack” to learn the moves) is your first step. In building solid muscle, no amount of heavy load can trump doing each rep properly. Proper form allows you to better isolate the target areas without transferring too much resistance on the areas you’re not working on, notes Mark R. Hailey in the book *Body Mechanics: Beginner’s Guide to Fitness*.

In doing heavy shoulder presses, for instance, the common mistake is that elbows tend to flare out. If this happens, you need to lessen the weight—forcing the issue may lead to shoulder dislocation. “Always make sure you go through your full range motion. This means you bring your hands all the way down to shoulder level and all the way up to full arm extension over the head,” stresses Ochoa.

Another move that guys commonly do wrong is the upright

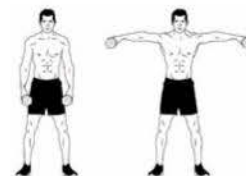
MASS ATTACK

These five moves are your best bet to increasing the size of your shoulders, says Maverick Gomez, a trainer at F45 Training. Add them to your workouts during the week to target each part of your shoulder, or perform them as a stand-alone routine for shoulder day. Do these regularly and you will fill out a T-shirt in no time!

DUMBBELL LATERAL RAISE

[A] Hold a pair of dumbbells at your sides with your elbows slightly bent.

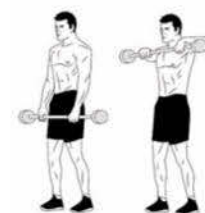
[B] Exhale, then raise the weights to your sides until they reach eye level. Inhale, then bring the weights back down to the starting position.



UPRIGHT ROW

[A] Hold a weighted barbell in front of your thighs with an overhand grip that's slightly narrower than shoulder width.

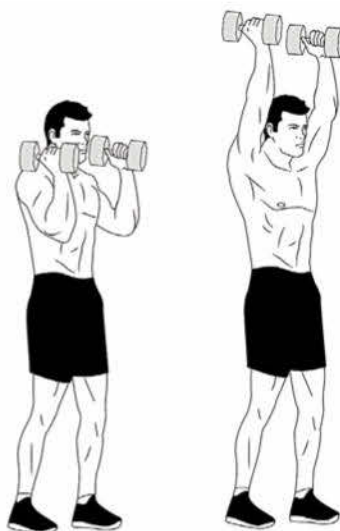
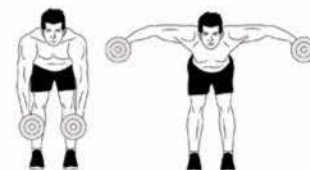
[B] Exhale and lift the barbell until it almost reaches your chin and your forearms form a V-shape. Inhale, then bring the barbell back down to the starting position.



BENT-OVER REVERSE FLY

[A] Stand holding a pair of dumbbells at your sides, and bend at the hips until your upper body is almost parallel to the floor.

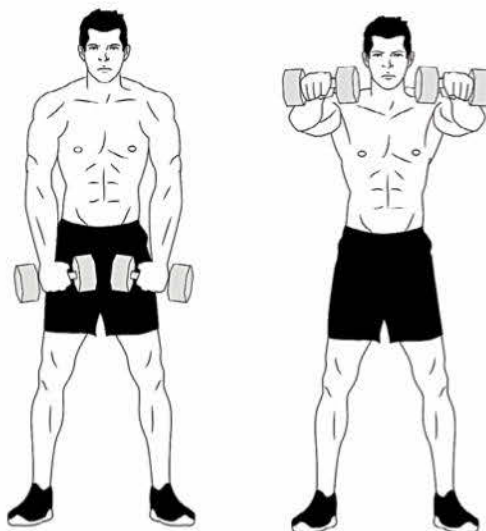
[B] With your elbows slightly bent, exhale while raising the weights to your sides until you feel a squeeze in your rear deltoids. Inhale, then bring the weight back down to the starting position.



DUMBBELL SHOULDER PRESS

[A] Hold a pair of dumbbells above your shoulders with your elbows close to your body.

[B] Exhale as you extend your arms to press the weights overhead until you reach the maximum range of motion. Inhale, then bring your arms down by bending your elbows until you reach the maximum range of motion.



DUMBBELL FRONT RAISE

[A] Hold a pair of dumbbells with an overhand grip in front of your thighs, your elbows slightly bent.

[B] Exhale, then raise the weights forward until they reach eye level. Inhale, then bring the weights back down to the starting position.

INSIDER TRAINING



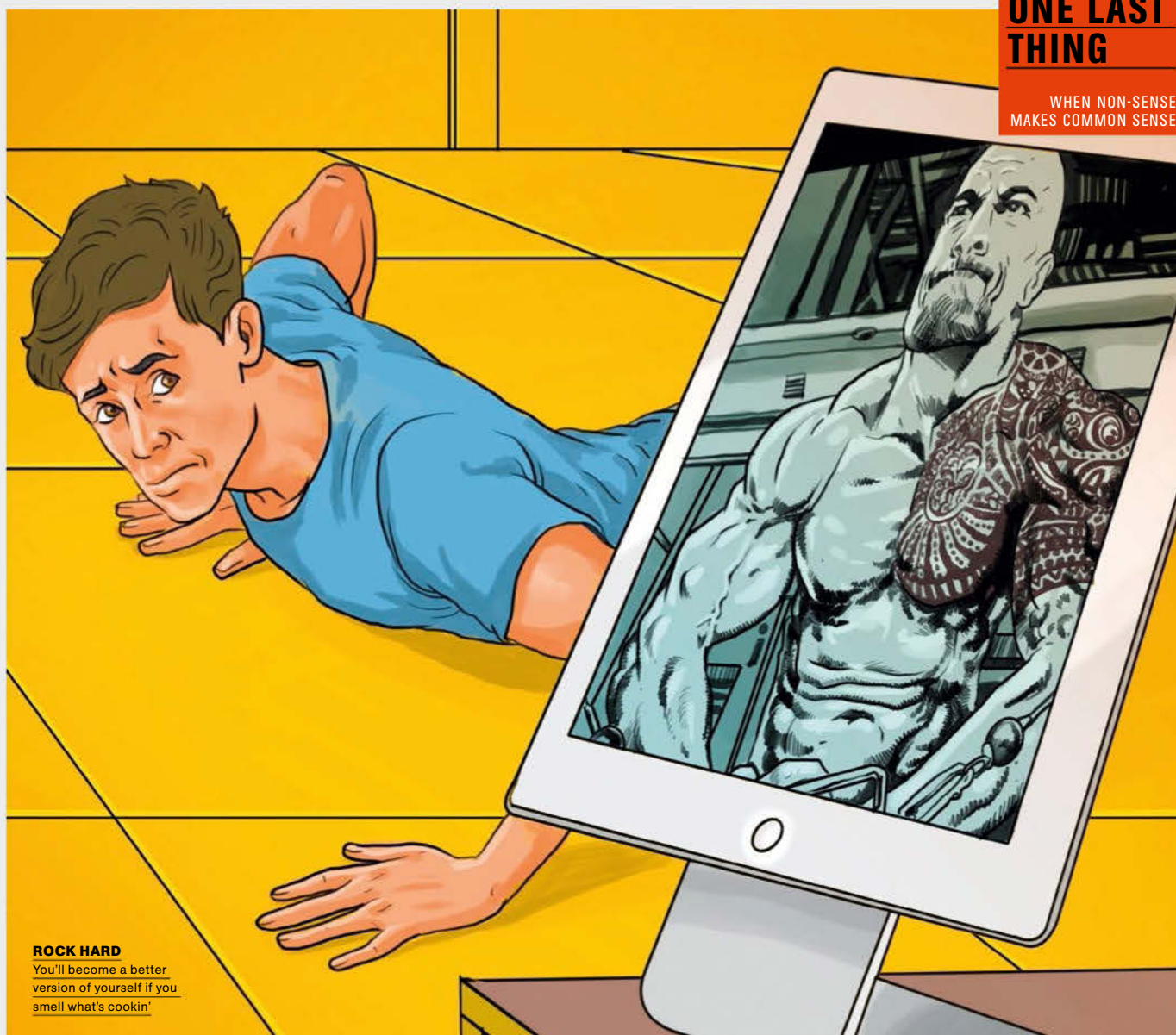
According to Gomez, the ratio for each move should be two seconds going up, a one-second pause, and two seconds going down. Then, pause for a second on the bottom position. This way, you're truly working your shoulder muscles with each rep.

row. You need to raise your elbows at the end or you will hyperflex your wrist—it hurts an awful lot! When doing front and lateral raises and reverse flyes, overextending your elbows is unacceptable. Remember to keep them slightly bent to relieve the stress from your joints.

Learning how to use the motion involved in the exercises is also key. "Use the momentum of the exercise to your advantage. Getting a rhythm will help you work better and strengthen both your shoulder joints and muscles," explains Ochoa. As for frequency of shoulder work, his suggestion is to "commit to training your shoulders at least once a week." And remember this: For every shoulder move you do, keep your core engaged for better stability. Once you have gotten familiar with that groove and improved your shoulder strength, level up by increasing both weight and frequency for your shoulder exercises. ■

ONE LAST THING

WHEN NON-SENSE
MAKES COMMON SENSE



ROCK HARD

You'll become a better version of yourself if you smell what's cookin'.

New World Order

The things we would legalize if we were elected to Congress

BY CHINO SUBIDO

1 Mandatory leg day, minimum twice a week, for every man who starts a new gym membership.

2 For every Instagram post of The Rock working out, drop and do 50 push-ups—wherever you are, whatever you're doing. Because seeing The Rock pushing his already monstrous body to its limits should motivate a *jabroni* like you to do the same.

3 A hotline for whiners to whine. And a specialized one for excessive moaners.

4 Lobby for new cars to be equipped with auto-parking. It's 2015; the technology is readily available, so what's the hold up?

5 Sanction a recognized national social media purge day—one night, for 12 hours every year, dedicated to

cleaning house on Facebook, IG, Twitter, Snapwhatevs. You can start with trolls who like posting movie or TV series spoilers.

6 If you buy a roof rack for your car solely for *porma*, your driver's license is immediately revoked.

7 A legal minimum limit for facial hair. If you have more fingers than chin pubes, you will be mandated to shave within 24 hours, or the beard-police will ambush you and pluck each strand out, one by one.

8 R.A.10201 - CLEAN. YOUR. BELLY BUTTON.

9 Buying an expensive running watch will come with a contract

that states you must run at least 52 times in one year, or else the watch gets confiscated.

10 Scotch whisky is not a shooter. Failure to sip and enjoy the nectar of the gods will result in a sentence of having to down 12 shots of tequila in five minutes. If you can recite the alphabet backwards after doing so, congratulations. But you're still going to jail for such a sacrilegious act.

11 Phrases that should be finable: "That's so gay," "You hit like a girl," and "Sorry, did I hurt your vagina?"

12. Legalize the Golden Rule of Dating: "If You Overanalyze, You Paralyzed." Sanction for non-followers: Friend-zone for life. ■

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